

ANNUAL COLLEGE MAGAZINE 2022-23



STRONG. POWERFUL. BEAUTIFUL.



*"An intricate tapestry of words, colours
and perceptions."*

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MCODS, Mangalore means a great deal to me. I have been a part of this college for more than 3 decades and I can say that I have grown with it. On returning from my years abroad I realised the true importance of this University and its core beliefs.

Skill set and knowledge can be imparted by all but what makes us special is the attitude and the human touch we inculcate into our students. We try and embed transparency, integrity, execution skills, passion, and team spirit to help them break through the glass ceiling.

We have integrated and value-added courses, to ensure that as you pursue your studies, you also seek to create a positive impact on your community, society, and the world at large.

Speaking of innovation and solutions, I hope to see happier faces once we have renovated and moved into our new campus. Attavar in its prime was one of the best centres for dental care in the country, in fact, the president of the DCI himself had taken it as an example in one of his presentations. Attavar still stands and will continue as a small-scale dental unit to benefit the patients coming in directly from the hospital.

Overall, I am very sure that this year too our college Editorial Board with its formidable conduction, unwavering enthusiasm, and determination will produce an outstanding magazine.



PRO VICE CHANCELLOR
DR. DILIP G NAIK

MCODS, Mangalore holds a special and profound significance to me. It represents not only an educational institution but also a hub of knowledge, innovation, and excellence in the field of dentistry a place where we nurture the future of dental professionals and contribute to improving oral healthcare by providing high-quality dental education, research, and patient care. It is a testament to our dedication to producing competent, compassionate, and ethical dental practitioners who can address the ever-evolving challenges in oral health. This institution embodies the core values of integrity, innovation, and community service.

Manipal College of Dental Sciences is committed to instilling core values in our students that we believe are essential for their personal and professional success. Values like excellence, ethical integrity, compassion, innovation, critical thinking, and teamwork serve as a foundation for their education and future careers.

We are looking forward to several exciting developments and opportunities in the upcoming year. The few key areas of anticipation, the research projects and innovations that our faculty and students will undertake in the coming year will pave the path for groundbreaking discoveries and contributions to the field of dentistry. Our institution places great importance on the professional development of our faculty, and we look forward to seeing our faculty members engage in workshops, research, and training programs to continually enhance their teaching and mentoring skills.

We are exploring opportunities for international collaborations with other institutions and organizations. These partnerships will open doors for our students and faculty to gain valuable exposure to global best practices and research opportunities.

I believe our college magazine this year is a remarkable achievement and a testament to the talent, creativity, and hard work of our students, faculty, and staff.



DEAN

DR. ASHITA UPPOOR

As the Associate Dean of MCODS Mangalore, MCODS means a great deal to me. It represents a commitment to excellence in dental education, research, and healthcare. MCODS is not just an institution; it's a vibrant community of faculty, staff, and students who are all dedicated to a common goal - advancing the field of dental sciences and oral healthcare.

MCODS embodies the values of integrity, innovation, and compassion. It's a place where we nurture the next generation of dental professionals, instilling in them not only the knowledge and skills required for their careers but also the importance of ethical practice and patient care.

But beyond all these aspects, MCODS is a family. It's a place where meaningful relationships are formed, where students grow not just academically but also personally, and where lifelong bonds are created. The sense of community and support within MCODS is what truly makes it special.

In summary, MCODS Mangalore is a hub of knowledge and research, where we continuously seek to push the boundaries of what is possible in dentistry.



**ASSOCIATE DEAN
DR. JUNAID AHMED**

I've had a connection with MCODS Mangalore since 1988 when I first enrolled for my BDS. It's been more than three decades of my life in this institution and it has become like a second home and a second family to me.

MCODS Mangalore is always committed to Academic Excellence. We believe in overall training that includes Ethical and moral values, leadership initiatives, critical thinking, and problem-solving.

In my view, a graduating student should embody the qualities of an outstanding team player, demonstrate empathy towards their fellow human beings, and carry a burning enthusiasm for lifelong learning.

Every moment is enthralling here at MCODS Mangalore. I am positively buzzing with excitement with many incredible things on the horizon. "Alumni Connect 2024" is one of the events that will excite the outgoing interns.

Each year, it's clear that the magazine keeps getting better and better. And this year, I'm filled with the same hope and excitement for yet another remarkable edition.



**ASSOCIATE DEAN
DR. ARATHI RAO**

PRO VICE CHANCELLOR DR. DILIP G NAIK

Best loved



Kabhi Kabhi-Lata Mangeshkar,Mukesh



Machali for the amazing seafood



DEAN DR. ASHITA UPPOOR

Best loved



Ruk Jana Nahin- Kishore Kumar



Hao Ming/Hao Hao (Thai crispy fried chicken)



ASSOCIATE DEAN DR. JUNAID AHMED

Best loved



Kahin Door Jab Din Dhal Jaye-Mukesh



Maharaja Restaurant for its spicy seafood



ASSOCIATE DEAN DR. ARATHI RAO

Best loved



I love songs that match the ambiance. That's why, for me, it's not about that ONE song.



Fish fry meals, Gadbad, Kori rotti, Neeru Dosa



Favourites of Dignitaries



STAFF EDITORIAL



The magazine this year, Avyanna, in its literal sense is strong, beautiful and powerful. I am confident that the contents of the magazine will make its readers spell bound as they flip through the pages. This year around, Ms. Supriya Bahidar, the magazine editor and her team have given the magazine a fresh look in terms of the layout. This is the first time that our magazine is in a landscape model.

Apart from the regular treasure trove of memories and amazing content from the students of all years, this years magazine is unique in the sense of providing readers QR codes in some section which will enable them to watch videos as they read the content from this e book.

Like her colleagues from previous years, Supriya has led from the front and ensured content for the magazine from students of all years and faculty were received on time and curated to be showcased in the magazine. Dr. Jessica and Dr. Akansha her predecessors guided Supriya through-out the process of preparing the content for the magazine. Dewanshi's and Chaitanya's creativity has shone through their design of the front and back cover pages respectively. Prasad worked tirelessly to compile the content for the magazine. Supriya's ed board worked well as a team and they dedicated their heart and soul to making Avyanna a reality. A special mention for

Prem and Vinayak whose commitment towards the job in hand was unparalleled. I am sure the readers of the magazine will cherish every moment of this work of art and treasure it forever.

Ravikiran Ongole
Staff Editor

Chronicles of The Editor

Dear Readers,

Your stories, your voices- A Realm of Feelings; reaching each heart in its own way. Every page designed has a tale to tell the readers. It is a journey to explore the beautiful, strong, and powerful minds of the MCODS Students bringing you engaging content, thought-provoking interviews, and inspiring stories.

The dedicated Editorial Team has worked tirelessly to curate articles to reflect the diverse perspectives, a blend of entertainment and insightful commentary. This year the magazine emphasizes a tinge of changes that blend well with the highlighted features. As you delve into the pages, you will experience how well the design in each page is crafted with passion and precision. "AVYANNA" – Weaving a Community Tapestry where each story brings impetus. It is a blunge of qualities, which create compelling narrative of resilience, grace, and impact.

Together, the synergy of Strength, beauty, and power paints a rich tapestry of human experience. Each page has our story of victory and failure, the emotion of the teamwork that made the dream work. The constant support of Staff Editor Dr. Ravikiran Ongole kept the Ed board members motivated to work onerously throughout the year. We have immense gratitude for our beloved dignitaries, faculty, team members, council members for making this dream come true.

With immense glory in our hearts, we now present you, The Annual College Magazine of MCODS, Mangalore 2022-23, "AVYANNA- Strong, Beautiful, Powerful."

Supriya Bahidar
Magazine Editor

Dental Student Association 2022-23





Resolute

HEAD OF THE DEPARTMENTS ARE THE
STEPPING STONES FOR A STRONG
FOUNDATION.

DR. RAMYA SHENOY



1.How was your UG life different from PG life?

Undergraduate programs provide a broad overview of a field of study, covering various topics and concepts. Postgraduate studies, on the other hand, involve in-depth exploration of specific areas within a field. It involves team work and collaboration with other dept and other colleges.

2. Any favourite memory you want to share?

When I completed my PhD, more than me my family was happy and had celebrated my completion.

3. What is the most Consistent thing you've observed as a professor in your long tenure of this institution?

Stay motivated, Stay persistent, Take care of myself

4. What are the challenges that came along with being an HOD?

Collaboration and communication with the other department. Human management and differentiating between those who are honest and those who take advantage of the system

5. What is the message you would like to give your students?

You are in the right place to study and grow. Be sincere, honest and work hard. You will be successful and make your parents and teachers proud.

6. What is your favourite thing about your job?

Serving community has become more easy and accessible

7.How did you get to your current role-what is your career story?

This role is a standard requirement specified by the DCI. I bring 16 years of professional experience to the table, and our department mandates having two professors. Additionally, I hold degrees in MDS, MBA, PG Diploma in Bioethics, PG Diploma in Statistics, and a PhD. Notably, I have also obtained a Fellowship in Geriatrics from the University of Iowa, USA.

DR.KARTHIK SHETTY



1.How was your UG life different from PG life?

My UG life was from SDM dharwad , quite a long time back. It was alot of fun , we had a campus in Dhrwad one of the best dental schools in country. Very good learning experiences. The way of teaching still holds me in good state today which i why owe them alot. Compared to pg i was lucky enough to get into mcods in those days immediately after internship within 10 days. It was 3years of very intense post graduate time. We had great teachers in particular i had a amazing clinician Dr.Kamath. So it was wonderful to learn under him in my postgraduate.

2. Any Favourite memory you want to share ?

I have had many memories. Everything was a good memory in my ug life . The friends , hostel and campus all were really good memories of my ug life. In my pg life i attended some conferences which were really great. Highlight of my postgraduate was i won scientific paper presentation.

3. What is the Most consistent thing you've observed as a professor in your long tenure of this institution ?

The institution always wants to be best. There is a constant drive were they make sure they give a very high quality education to students and they also have faculty who are well motivated to particular targets. Genuinely impart skills and values to students.

4.What are the Challenges that came along with being an HOD?

I always looked at everythng as an opportunity instead of a challenge. There was a leadership responsibility added up. We want to optimize what we like to achieve. I have always looked into positives in the challenges.

5.What is your Fav thing about your job ?

I like the fact that teaching gives me a good different dimension , administration added to the activity i perform daily. I like both aspects as teaching gives me an opportunity to interact with students .A constant learning process. Administration gives me a position to change thjngs the way i want to have them and achieve it in an organized way and contribute to success.

6. How did you get to your current role- Career story- Current role?

My student ug was in dharvad . My pg in mcods manglore. I joined this department in 2006. Almost 20 years in this department. It has been a wonderful job.

7. Describe a time you had to address Poor performance?

I always looked at positives. I believe any individual will do the best and rest is left to chance.

8. What is the Message you'd like to give to your students ?

There is no substitute for hard-work. Work towards your strength. Know what your strengths are,that will give u the best output for a ling period of time.set some goals.

DR. SUPRIYA NAMBIAR



1.How was your UG life different from PG life?

Undergraduate life was about learning within boundaries, the best of teachers, and great fun. Postgraduate life was hectic and learning without boundaries (almost like a mountain goat) under the best guides you could ever ask for and more of self-directed learning.

2.Any favorite memory you want to share?

My 3 years of work at MCODS, Manipal was a wonderful experience I cherish.

3.What is the most consistent thing you have observed as a professor in your long tenure of being an HOD?

Read the directions before asking questions; Follow them; Life becomes so much easier!!!

4.What message would you like to give your students?

Dear Students,

As a short message to you all, I just have to say this, The world is what we perceive and we do not live in it rather we create it. It's a result of our attitude. We are all capable of creating the world we choose to live in and it will change according to our aspirations, beliefs, and efforts. So, be fearless and do not be constrained by what others will think. Be answerable only to your conscience.

5.What is your favourite thing about your job?

I have to admit that it keeps my brain ticking and I get to interact with young blood brimming with ideas.

6.Describe a time when you had to address poor performance. How did this go?

For this, I have to go back exactly 8 years to the time when we had Malaysian students. It was a surprise indeed that I had to counsel one. The poor performance was observed in the final year, compared to the third year when the student had performed well. I tried to intervene as a teacher during final year part 1 but was brushed off. This was followed by a bit of rudeness during the University exam with the external examiner, quite unnatural for a student who had always been mild and well-mannered. This set me thinking when I had to counsel her after the loss in Final year part 1(A surprise result from a Malaysian student). The trauma that the child had to undergo during her holidays after her third year was the cause, which she confided when she broke down. An eye-opener to what we teachers has to keep in mind when we deal with poor performers or any of our students.

7.How did you get to your current role -what's your career story?

Wherever you reach in life, is about "Being at the right time at the right place.". I had a choice to make, whether I should be at MCODS, Mangalore, in 2011, a time of immense distress. I chose to be here. I worked without any expectations regardless of the surrounding environment and concentrated only on the work I had to accomplish for my sanity, which I continue to do. If there have been results during the journey, so be it, and I take it in my stride with all humility. Because I strongly believe that life comes a full circle.



1.How was your UG life different from PG life?

Ug life was more playful. The college I did my ug from had exposed me to lot of procedures like RPDs , Fpds. So overall ug we learnt a lot . Ug I did from yennapoya ,PG was specific to subjects and the college gave us a free hand. If we were interested they used to let us do the procedures we like. Pg from Ab Shetty

2. Any favourite memory u want to share ?

I had a lot of good friends especially hostelites. Saturday nights we used to stand on the balcony and watch young people in pub club. Hostel life near Moti mahal was the best memories I made.

3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?

All the staff are very passionate about teaching and the kind of teaching is consistently the same since the time I have joined. Foundation for students is strong.

4. What are the challenges that came along with being an HOD?

To take all the people along with u. Each person's wavelength and mindset is different so adjusting to other's wavelength is a bit challenging that I had to deal with.

5. What is the message you'd like to give to your students ?

Live for the day and enjoy life within limits.

6. What is your fav thing about your job?

I think here everyone minds their own business , highly professional, no interference.

7. How did u get to your current role , your career story?

Am highly competent person.I like working,am a workaholic. I finished my PG in 2005 i worked for 6 months in ab Shetty. 2006 I joined Mcods,almost 17 years of my career

DR. PRASHANTHI M



1. How was your UG life different from PG life?

UG more relaxed & stress free

2. Any favourite memory you want to share?

Unlimited masti & ragging the seniors of other speciality (who later are our frnds in life)

3. What is the most consistent thing you've observed as a professor in your long tenure of being of this institution?

Change in student's attitude

4. What are the challenges that came along with being an HOD?

Time management

5. What is the message you'd like to give to your students ?

Consistency is the key

6. What is your favourite thing about your job ?

Always get to learn

7. Describe a time when you had to address poor performance. How did this go?

Patience and dedication towards ur goal

8. How did you get to your current role - whats your career story ?

Luck by chance, rather destiny

DR.PREMALATHA SHETTY



1. How was your UG life different from PG life?

My UG life was entirely different from PG life. As a UG student my interaction was limited to different dental departments. However, as a Maxillofacial postgraduate , I spent most of my time in OT, Wards and interacting with medical departments.

2. What is the most consistent thing you have observed as a professor in your long tenure of being in this institution?

Attendance shortage of students and then requesting departments to conduct extra classes, to make up attendance

3. What are the challenges that came along with being a HOD?

Many to name a few are like meetings, deadlines, people management and of course being a care centre, we have to manage complicated challenging maxillofacial cases on a daily basis

4. One Favourite quote.?

If you have to choose between being kind and being right, choose being kind and you will always be right.

5. What is your favourite thing about your job

As a Head of Department, i have the opportunity to interact with every UG student, PG student and faculty in the department. I enjoy interacting with people as it helps me to grow both personally and professionally.

6. What is the message you would like to give to your students?

"Live life at your own pace life is not a race."

I am sure each one of you will become a kind-hearted professional and pursue a rewarding career

ALL THE VERY BEST !!!

DR. SRIKANT N

1. How was your UG life different from PG life?

Undergraduate life was a journey of unique experiences and guided exploration. On the other hand, postgraduate life was a testament to perfection and grounded realities

2. Any favourite memory you want to share?

My life has been punctuated by a series of memorable dental experiences. One such incident occurred when I was in the 9th grade. A bicycle mishap resulted in a fractured front tooth, marking my first encounter with a dentist who performed a composite restoration. However, fate had another visit planned just a week later. Another fall led to a root canal treatment, adding yet another chapter to my dental saga

3.What is the most consistent thing you've observed as a professor in your long tenure of being of this institution?

The only constant in life is the unending evolution towards improvement and advancement. Lifelong learning is not just an option, but a necessity. The pursuit of knowledge should be ceaseless, for the moment you cease to learn, you cease to remain relevant

4. What are the challenges that came along with being an HOD?

Juggling time and meetings is like a circus act, with me as the star performer. Balancing administration feels like walking a tightrope, while managing people is akin to taming lions. And communication? That's the grand finale, the fire-breathing spectacle that keeps the show going!

5. What is the message you would like to give to your students?

“Listen up, scholars! Don't hit the brakes until your goal is just a speck in the rear-view mirror. Aim to outdo your own self from yesterday, but don't forget to chuckle at your own wisecracks. Think of lifelong learning as an all-you-can-eat buffet - there's always a new dish to savor. And hey, being humble and respectful is like wearing invisible socks - it might not be visible, but it sure makes a difference. So, keep filling your knowledge plate, keep tickling your funny bone, and most importantly, keep those invisible socks on!”

6. What is your favourite thing about your job?

My esteemed colleagues, without whom my journey would have been starkly different. I extend my heartfelt gratitude to all my colleagues, friends, and well-wishers at work who have been my guiding lights, my pillars of support, and my partners in progress. Your collective wisdom and camaraderie have enriched my professional life beyond measure

7. Describe a time when you had to address poor performance.how did this go?

My approach to addressing poor performance is rooted in leading by example and demonstrating the correct way of doing things. I believe that most instances of poor performance can be attributed to a mismatch between the individual's competencies and the tasks assigned to them, be it a student or a colleague. This, in many ways, is a reflection of my own oversight. Therefore, it's crucial to work alongside them, rather than exerting authority over them, to achieve the desired outcome. We must strive together, learn from our mistakes, and continuously work towards improvement. After all, growth is a collective effort.

8. How did you get to your current role - whats your career story?

My journey to my current role has been a beautiful tapestry woven with the threads of guidance, support, and continuous learning. The blessings of my mentors, teachers, and parents have been the wind beneath my wings, propelling me forward in my career. Their wisdom and encouragement have been my guiding light, illuminating my path during challenging times. The unwavering support of my spouse and colleagues has been my anchor, providing stability and strength. Their faith in my abilities has bolstered my confidence and spurred me to strive for excellence. Learning has been a constant companion on this journey. Every person I've encountered, every experience I've had, has been a lesson. I've learned not just what to do, but more importantly, what not to do. These lessons have shaped my professional ethos and honed my skills. In essence, my career story is a testament to the power of mentorship, support, and lifelong learning. It's a narrative of growth, resilience, and the relentless pursuit of excellence. And I am grateful for every chapter of this enriching journey.

DR. THILAK SHETTY



1. How was your UG life different from PG life ?

UG life was more of amazing both in personal and professional front but PG life was more exciting.

2. Any favourite memory you want to share?

I was awarded best Intern of our batch ,also internship was time we were independently handling various patients visiting satellite centers of our college where we could get confidence in our profession .

3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?

Be grounded with values and your role which makes you a satisfied person.

4. What are the challenges that came along with being an HOD?

As I assumed the post of HOD, lot of challenges were their like i had manage the overall responsibility of departmental activities and had to take the ideas of different stakeholders and implement them to the best of interest of our department and institution at large.

5. What is the message you'd like to give to your students ?

Use your experience of the past and be experimental to improvement to achieve your expectation of your future.

6. What is the favourite thing about your job?

Best thing about my job is satisfaction that you get when you enhance the looks and personality of your patients and better performance of your students .

7. Describe a time when you had to address poor performance. How did this go?

Encourage the students who are not fairing good by quoting the success story of personalities who despite being average could reach the helm by consistent effort and commitment to their task undertaken.

8. How did you get to your current role – what's your career story?

There is lot perseverance and dedication to get into my current role, I owe this to my parents ,teachers and my seniors who guided me to reach this level and constant support from my colleagues .

DR RAVIKIRAN ONGOLE



1. How was your UG life different from PG life?

In my undergraduate days the learning was more exam oriented. However it was only in the Masters program I truly understood the importance of learning. Patient centric learning, empathy and the importance to provide optimum patient care formed the core of my learning.

2. Any favourite memory u want to share ?

I had the opportunity to travel to Bangalore with Dr. Dilip Nayak, the current pro vice chancellor of MAHE a decade ago. He told me the importance of networking in academics and research. His advice has been extremely valuable.

3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?

The one thing that is consistent is that every student is different and every student has a unique strength waiting to be harnessed

4. What are the challenges that came along with being an HOD?

The biggest challenge heading the department is identifying the strengths and weaknesses of every team member and utilizing those qualities to live up to the vision of the Department, College and the University.

5. What is the message you'd like to give to your students ?

Be empathetic to your patients

6. What is your fav thing about your job?

The opportunity to mentor students who will eventually shape the future of the specialty in particular and the future of the country in general.

7. Describe a time when you had to address poor performance.how did this go?

What I have realised over time is that every student comes with his/her own baggage, Poor performance is just a manifestation of that baggage. Giving them the time and space and the support to deal with those trying times will ensure that they pass through those rough patches. I know many of such students over the past 2 decades who have really done well in their careers and life.

8. How did u get to your current role , your career story?

Infact I just do not like Dentistry! I mean the dentistry of wires, motors and plaster! Medicine and Surgery always fascinated me though. I was very sure that I never wanted to practice dentistry (especially the art part of it!). Right after I earned my Masters in Oral Medicine and Radiology in December 2002, I worked for a couple of years at KLE Society's Institute of Dental Sciences Bangalore. After my MDS batchmate left MCODS Mangalore for UK in 2005, I joined MCODS Mangalore as Assistant professor. Ever since, I have been here pursuing my passion for teaching and practising Oral Medicine and Radiology!

DR SUPRABHA S.BHAT



1. How was your UG life different from PG life?

UG life gives more scope for friendship and spending time with your classmates. It was fun having so many peers to interact with. PG life requires you to focus more on the career aspects, however it was fun learning new things in a more organized manner.

2. Any favorite memory you want to share?

Getting to learn Orthodontics from the stalwarts in the specialty.

3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?

Hard work and perseverance always pays off.

4. What are the challenges that came along with being an HOD?

Multitasking to keep multiple aspects in the department going.

5. What is the message you'd like to give to your students ?

Believe in yourself and work hard with determination. Rest everything will fall in its place.

6. What is your favourite thing about your job?

The opportunity to learn and do something new every day.

7. Describe a time when you had to address poor performance.how did this go?

As a teacher guardian earlier in my career, I had to deal with a student who was afraid of attending university exams. On exploring further, it was attributed to procrastination and improper preparation for the exams. I encouraged the student to plan his study time meticulously, followed through the plan and encouraged him to achieve small milestones at short intervals. This improved his confidence and helped him overcome his fear.

8. How did u get to your current role , your career story?

Completed both UG and PG from MAHE. Joined MCODS Mangalore as Assistant Professor, subsequently promoted to various designations and finally the current post in 2018. My career in this institution so far has given me an opportunity to interact with students for over two decades which has personally been an enriching experience.



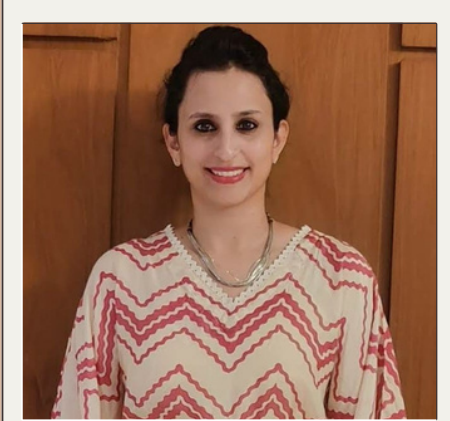
Dr. Mithun Pai
Associate Professor
Dept. of PHD

Respected sir

From the very beginning, your guidance has been a beacon, illuminating the path and providing clarity in moments of uncertainty. Your wealth of experience has not only enriched our understanding of our field but has also inspired us to strive for excellence.

The countless conversations we've had, filled with insights and lessons, have been instrumental in shaping our perspective and approach. Forever grateful to you Sir.

Respected ma'am



Dr. Mranali Shetty
Associate Professor
Dept. of Periodontics

Ma'am your unwavering support has been a source of strength during challenges, and your constructive feedback has been a catalyst for growth. You've not only believed in our potential but also invested time and effort to nurture it. Your commitment to fostering our development has been a testament to your dedication. With every event pass by you kept motivating us. Thank you for your energetic support.



Dr. Ashwin Rao
Associate Professor
Dept. of Pediatric and Preventive dentistry

Respected sir

Sir your positive attitude has gave all of us a different perspective of looking at things. Beyond the professional realm, your mentorship has touched our life personally. Your generosity in sharing both successes and failures has created a trusting and open environment. We have learnt not only from your triumphs but also from the resilience you've displayed in overcoming obstacles. Your authenticity has been a source of inspiration, reminding us that the journey to success is often accompanied by setbacks, and it's the ability to persevere that defines true leadership.



DENTAL STUDENTS ASSOCIATION 2022-23



It has been a pleasure to work as a council member and with everyone in the council. You learn and understand a lot of things which helps you grow as a person. Our beloved cultural co-ordinator, Dr. Mithun Pai, has always been with us, guiding us throughout the journey and I can't be thankful enough for his support. The message that I would like to share today is a lesson that I learnt from my experience in the council. When times get difficult for you, what you really need to do is step out of the chaos once and look at things the way they really are rather than believing what is there in your head. Human mind is a very complex thing, you do not know how people will react to different situations, so you always need to make sure that others actions do not affect your purpose and righteousness towards your work. For all the people who are willing to apply for the council, the only thing I would like to say is that this is a wonderful learning experience and the lessons you learn now will always help you in future. Positivity and hard work can help have a wonderful council year.

PRASAD KARNAD PRESIDENT



DSA 2022-23

RIDDHI SHARMA

GENERAL SECRETARY



Since first year, being in the council had been a thought at the back of my head and now from where I am standing, I can tell there's a lot more of you like me. I just want to say to all those of you who want to see this world, it's crazy. It's beautiful, it's different from anything we had thought it'd be. To be honest, being in the council was one of the most rewarding yet draining experiences of my life. I have always been upfront and strong-headed about my beliefs and being here made me realise it's okay for people to think differently. To let people be, to be happy with whatever life throws at you. I've had the worst times of my life experiencing a tear and undergoing surgery, so council year all and all was life-changing for me. It was periods of constant intense work throughout events or periods of laughter and smiles with my fellow members. It brought me immense joy and happiness to be among the few who were lucky enough to experience "the student council" under the guidance of Dr. Mithun Pai. He not only mentored us along the way, he was a father-like figure to all of us whenever we were beaten up by something. In my interview, Dr. Junaid asked me what are the skills according to me that is key to being a council member and I responded "leadership" but today my answer's different. Going down all those roads, the fights, the conflicts, the understanding of how everyone works, my answer to his question is "teamwork". Being a part of the council has taught me so many valuable lessons and given my experiences that I might have skipped otherwise.

That being said a post always gives an opportunity to bring about a change in not just one's own life but to in all the others connected to us. I hope 'we' could bring some positive impactful changes in college through the opportunity which college bestowed upon me.

Serving as the Joint Secretary on MCODS Mangalore's Dental Students Association has been a journey of both personal development and incredible experiences.

In this role, I had the privilege to be part of organizing and participating in some fantastic events. Dental week was a vibrant celebration of our campus culture, demonstrating our unity and enthusiasm. The Interbatch Sports events not only showcased athletic prowess but also encouraged teamwork and unity among our fellow students.

Working alongside my fellow council members through all the ups and downs has been a teaching, yet amazing experience, and I am grateful for this. Together, we accomplished all that we wanted.

I'd like to thank our Dean, Associate Deans and Dr. Mithun Pai for believing in me and granting me this amazing opportunity.

As my role as Joint Secretary concludes, I find myself very grateful for the incredible journey and the personal development it has afforded me. It's been privilege to serve as the Joint Secretary, and I eagerly look forward to the future prospects that await.

RAJ ARYAN MATURI JOINT SECRETARY



ANN ROSE SATHEESH FINE ARTS SECRETARY

DSA 2022-23

I had never imagined being a part of DSA 2022-2023, it was a surprise to find out I got the post of being the "Fine arts and cultural secretary" of the college. Given the position to represent our college's arts and cultural side was such a great opportunity as well as an important responsibility. One blessed year of being in the council taught me and made me realise that I can define my limits—the limits of success and imagination.

Sure, there were both ups and downs; the ups of the experience was filled with an immense feeling of pride and joy, and the downs helped us to realise how to deal with a situation in a better manner and made us stronger.

I thank our cultural coordinator, Dr Mithun sir, for always supporting and guiding me.

Even during the most challenging times, he gave us a ray of hope and positivity, which we all are very grateful for.

In short, being the council, even though it was tough, there was never a dull moment and was a fun experience.



As a child, I had always dreamed of changing the world for the better and with every passing year I have realised that to do that, one has to be in a position of power to make those changes.

Being part of the Student Council as the “Treasurer” is more than just a title—it is an opportunity to lead and inspire. Managing all that money and those extensive bills would have been a more arduous task if it wasn't for everyone who made sure they accounted for and reminded me about their own bills!

Through this journey, I have witnessed the incredible potential that lies within each of us, waiting to be harnessed for the greater good. It is a platform that empowers students to take charge and drive change, proving that age is never a barrier to making a difference. It is a journey full of its own ups and downs. One gets to learn how to take all setbacks in stride and overcome them, manage time juggling between academics and organising events, and balance friendships while doing it all. For me, the most important lesson has been striking the right balance and I wish to continue exercising it.

As my time on the Student Council nears its end, I am grateful for the lessons, friendships, and memories it has bestowed upon me. The journey has reaffirmed my belief in the potential of youth to bring about positive change. It is a testament to the power of student leadership and the profound impact we can make when we work together. I look forward to taking these lessons with me as I continue to engage with the world, knowing that every effort, no matter how small, contributes to a brighter future.

AKSHITA GUPTA

TREASURER



DSA 2022-23

SUPRIYA BAHIDAR
MAGAZINE
EDITOR

My selection as a member of the DSA 2022-2023 was nothing less than a dream come true and my post as a Magazine editor has truly helped me help find a sense of who I truly am - something that I craved to realize over these years in life and I'm truly thankful to each and every one who has been with me on this journey and helped me evolve into someone I truly wished to become. My heartfelt gratitude goes out to the Dean, Associate deans, the Staff Coordinators and especially Dr Mithun Sir for giving me this opportunity and always believing in me. I'm grateful to Dr Ravikiran Sir, who constantly encouraged and guided me to bring out the best as an editor in me. A big thank you to my fellow council members for all the support and encouragement throughout this journey.

Editorial Board members are the gems of our Magazine, and I am extremely grateful to have led the most sharp-witted minds; their commendable work, dedication and enthusiasm has been consistent. This experience made me realize that the continuous striving for best is what goes into making the College, the best. It's all about the cohesive effort that goes into organizing even the smallest of events. As I continue to navigate my career, I will always carry the lessons that I have learnt through the journey. One quote that kept me going was “Just do it with a smile and go with the flow”. I will be forever grateful to all.



Before getting into the council I had heard from the seniors saying, 'Kya rakha hai council mai. Sirf jhagadte rehte hai'. I could feel that after getting into council. But what was not said by the seniors was the bond made after the fight. Throughout the year, there were lots of ups and downs but there was a lot to learn. All the members in the council were one of a kind in their own work. The things which I would never forget will be the life lessons learnt from our very own 'THE CULTURAL CO-ORDINATOR' - Dr. Mithun Pai sir. The journey was too awesome to enjoy. Sometimes tiring, sometimes crying, sometimes laughing and all the time enjoying. I would like to tell all the people who read this to know that getting a post in the council is difficult but what is more difficult is to keep up to the respect of the post. If you think you can handle more pressure to learn new things council could be a place to be in.

KUSH PIPADA SPORTS SECRETARY



DSA 2022-23

MITA SHANBHANG VSO REPRESENTATIVE

From a young age, I have felt a strong calling towards charity and volunteering. Serving as the VSO representative for the student council felt like a natural and deeply meaningful step in my journey.

In this role, I organized charity events and awareness programs aimed at giving back to our society. These experiences provided valuable insights into event planning and the skills needed to rally individuals to support causes benefiting our community. VSO serves as a platform for the students to understand our community's challenges and actively contribute towards bringing a positive change.

It encourages us to empathize with marginalized sections of society and offer sustainable solutions. Furthermore, it fosters dialogue among us, future healthcare professionals, to work towards the betterment of society.

Balancing this role with my academic and personal commitments was challenging yet fulfilling. The success of these endeavors was, in no small part, all thanks to the dedicated volunteers who stood by my side every step of the way. Their enthusiasm and support were the backbone of our initiatives, and I derived immense pleasure and pride from coordinating events with them while upholding my academic responsibilities.

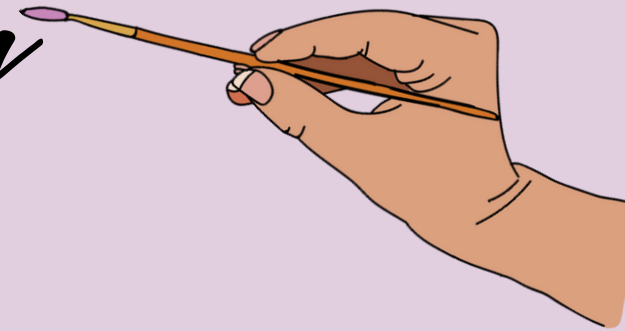
Through this experience, I gained a deeper appreciation for the power of teamwork and delegation. It reinforced the idea that diverse opinions can thrive when united by a common goal. My involvement in the council granted me profound insights into leadership and the responsibilities that come with positions of influence.

I am genuinely grateful for the opportunity that set me on this challenging yet humbling journey.





Colorful serenity



By

Dr. Arathi Rao

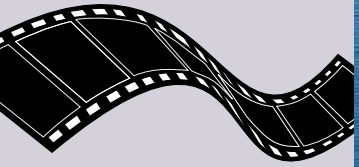
Associate Dean & DDSA

Department of Paedodontics & Preventive Dentistry



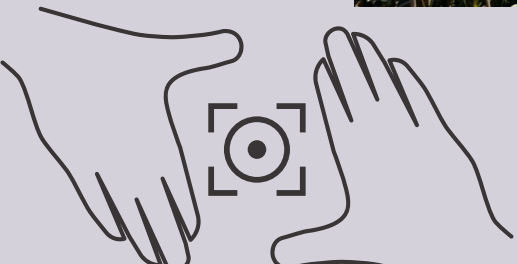


Capturing moments

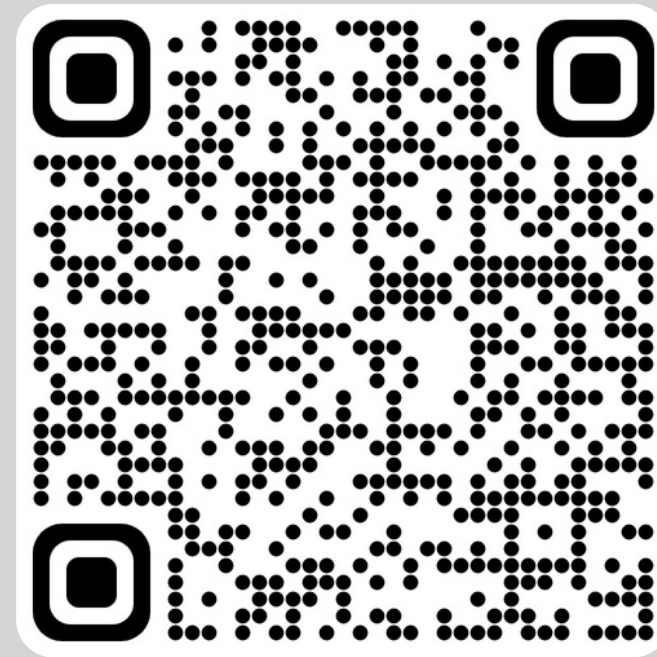


Dr. Archana M
senior lecturer

Department of Oral Medicine & Radiology



Melodious Tunes



Dr David Kadakampally
Associate Professor
Department of
Periodontology

Dr. Anupama Nayak P.
Reader
Department of
Paedodontics &
Preventive Dentistry





Jyothi Nair
O'21



Prem Bajekal
O'22



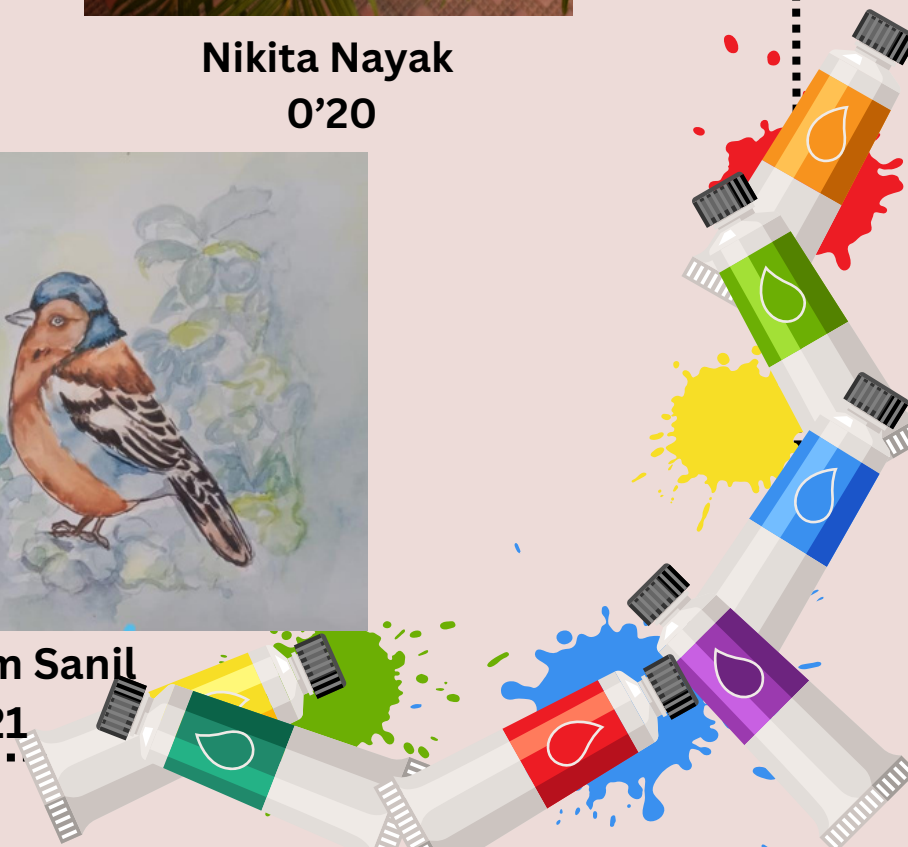
Nikita Nayak
O'20



Gautham Sanil
O'21



Gautham Sanil
O'21

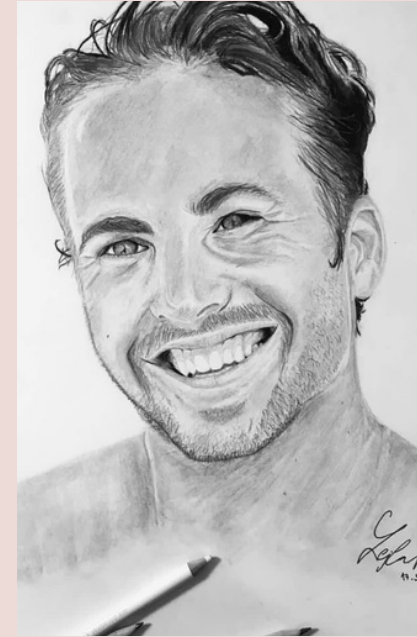




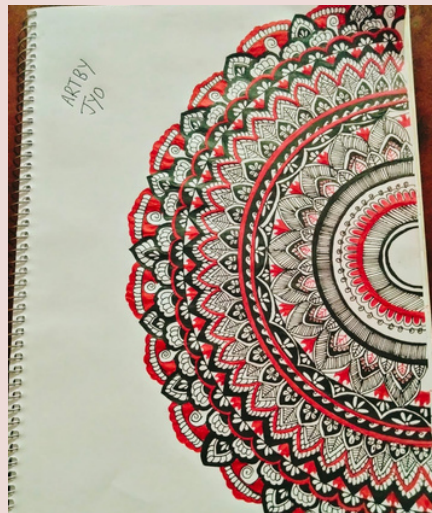
Naina Bansal
O'21



Jyothi Nair
O'21



Ziya Sheikh
O'21



Jyothi Nair
O'21



Ziya Sheikh
O'21



CLUBS.

RESEARCH CLUB



LITERATURE CLUB



DANCE CLUB



MUSIC CLUB



PHOTOGRAPHY CLUB



DRAMA CLUB



ART CLUB



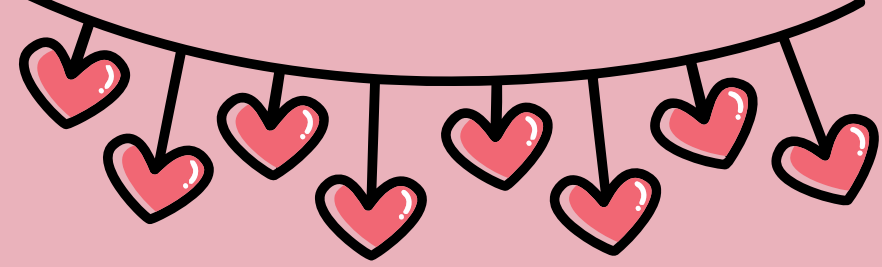
INTER BATCH 2023



INTER BATCH 2023



The Drug of Love



I still remember those fingers running in my hair
that face with a smile like a flair
that muscular body of yours
which i never expected could do household chores
you were like a gentleman to me
but god took that away from me
all i am left behind with is memories
and our lusty fantasies
it all felt like heaven on earth
but didnt knew that this relationship wouldn't have that much girth
my love for you will never fade
coz you gave it very different shade
all i wish is to love you again in life
and this time for a lifetime



**PRABHPREET
BATCH OF 0'20**



क्षितिज की माप

सोचा कुछ उचाइयाँ नाप आए
क्षितिज को फिर से माप आए
किसे पता था कि फिसलन यूँ होगी वहाँ
पाव स्थिर न हो पाएंगे जहाँ
पहुँच कर लगा ज़मीन ही अच्छी थी
इतनी ऊँचाई पर तो श्वास तक की तंगी थी ।

जहाँ पहुँच सोच रहे थे पा गए जहान
नन्हे सूखे पत्ते फिसला देते वहाँ
पर यहाँ भी छोटे से तने को ऊँचाइयों पर सम्हला देख
आस क्षितिज को चुने की स्फूटक सी उठी ,
राह सुगम तो थी नहीं, पर निरंतर चलने की लालसा तो थी
एक अलग सी ज्वाला ,

॥

इस शीत मौसम में भी अंदरूनी उत्साह भर्ती है
जहाँ श्वास भी लगती है देने दम तोड़
वही मानो कोई दिव्य अनुभूति होती है ।

मार्ग में कठनाईयाँ सबके है
मगर मंजिल जिसकी जितनी ऊँची
संकल्प उतना दृढ़ होना चाहिए
जहाँ क्षितिज को छूने की हो आस
वहाँ कुछ तो अलग अनूठा होना चाहिए
यहाँ गलती की कोई गुंजाइश नहीं
पाव फिसले और सीधा रब से वास्ता होगा
पर अगर पांव स्थिर रहे
और जब अपने संग होते हैं
तो रास्ते चाहने कितने हो तंग, हासिल सतरंग होते हैं

AMITESH
BATCH OF 0'20

Photography Section

"Creativity is a wild mind
and a disciplined eye"
- Dorothy Parker



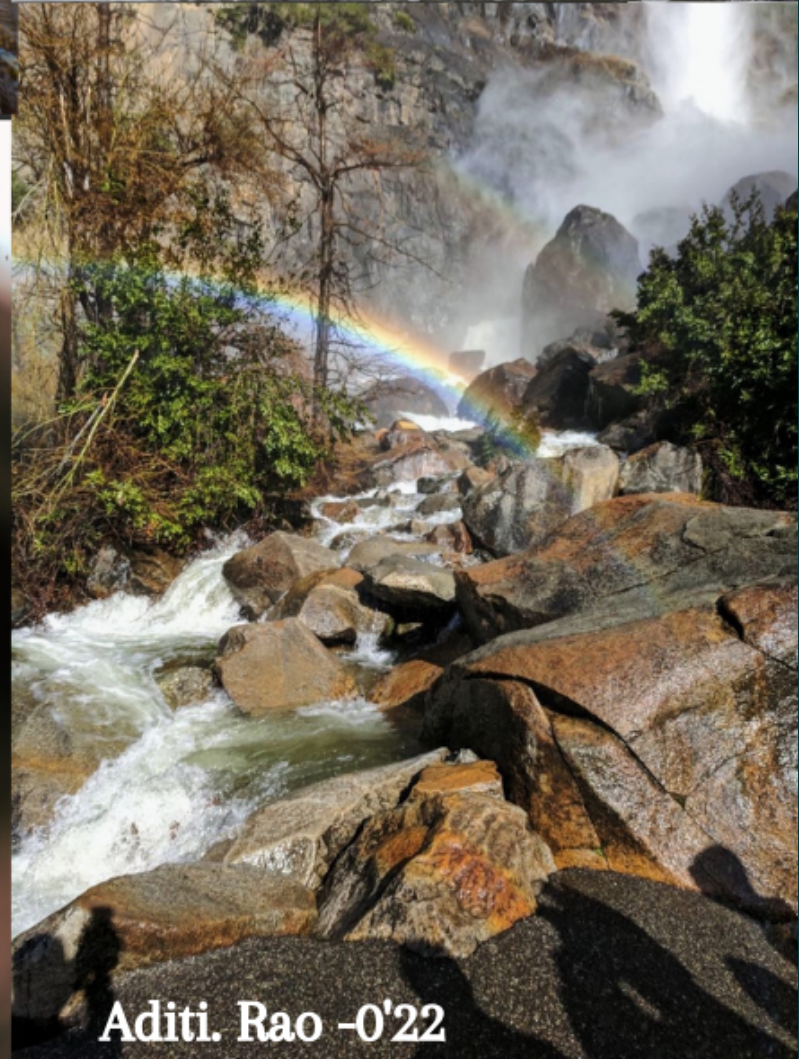
Dr. Kamala. G -0'18



Dr. Kamala. G -0'18



Vinayak. Nandi -0'22



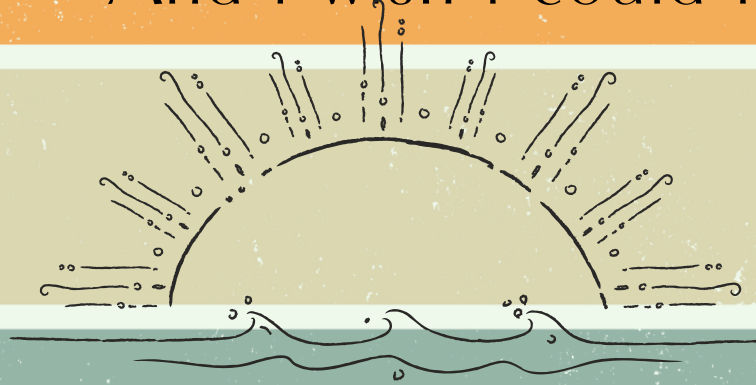
Aditi. Rao -0'22

17/10/2022 12:06

DAWN TO DUSK

In the dusk that was dark, moon confronted me,
It led me to the ways and reconstructed me.

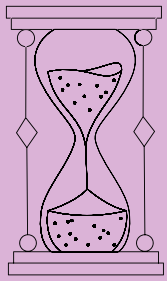
In this world i am losing it every bit,
And i wish i could fit.



In the dawn that was faded, sunrise consoled me,
It let me forget the thoughts that controlled me.

I don't belong to this era I believe,
And i wish i could leave.

**PULKIT
BATCH OF 0'19**



Fursat se aana!

Jo agli baar aao to,
Fursat se aana
Thodi batien karna
Thoda waqt guzarna
Yuh chale naa jana
Jo aao iss baar to fursat se aana
Jo abb aao iss gali,
To nukkad p rukna
Yuh chai p milna
Yuh waqt guzarna
Fer muh na fulana, yuh chale na jana
Abb dekho amar to nahi likh skta
Kuch der hi karna, hume yaad karna Naa mile to shikayat
karna, jo aao iss baar to milne ki zidd karna!!!
Jo agli baar aao to, Fursat se aana!!!!



Orphanage visit



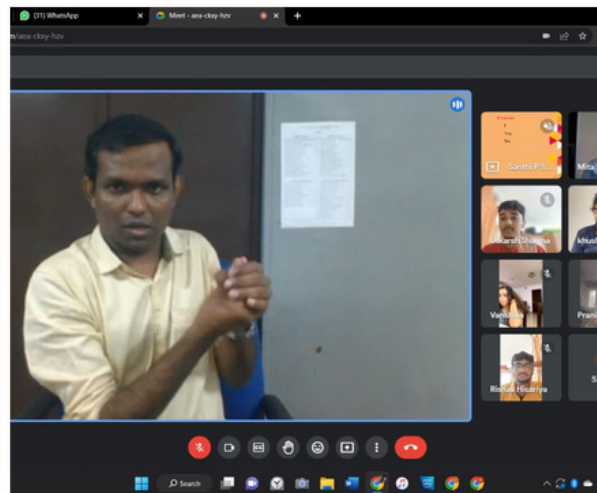
Orientation programme



Blood Donation Drive



Old age home visit



Sign language workshop



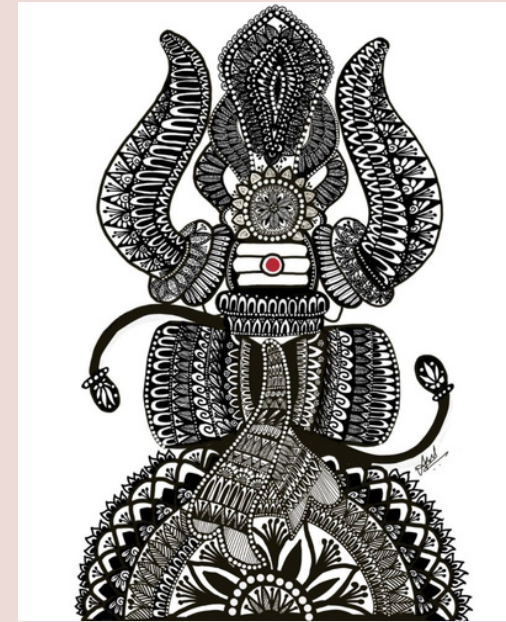
Blood Donation Drive



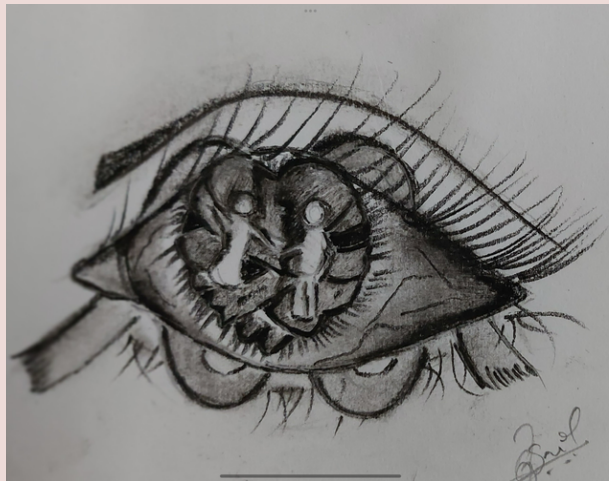
Vanshika
O'20



Gautham Sanil
O'21



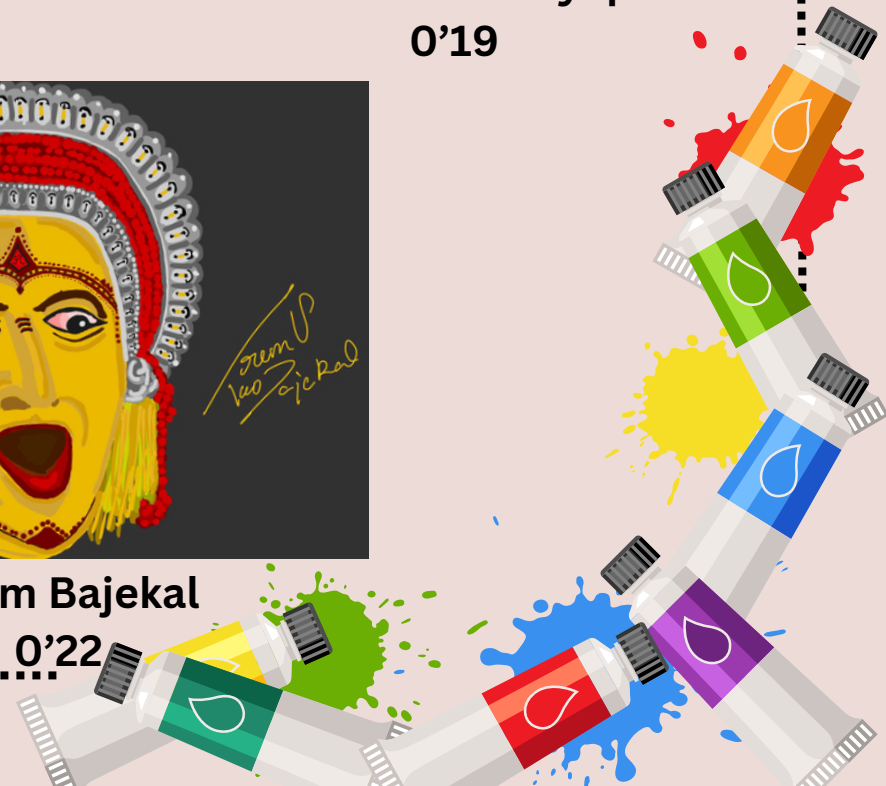
Akansha Kashyap
O'19



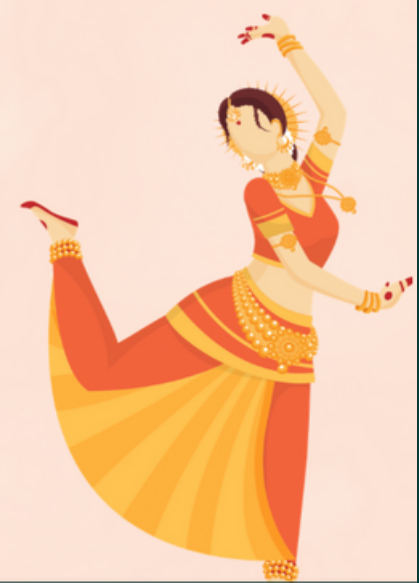
Gautham Sanil
O'21



Prem Bajekal
O'22

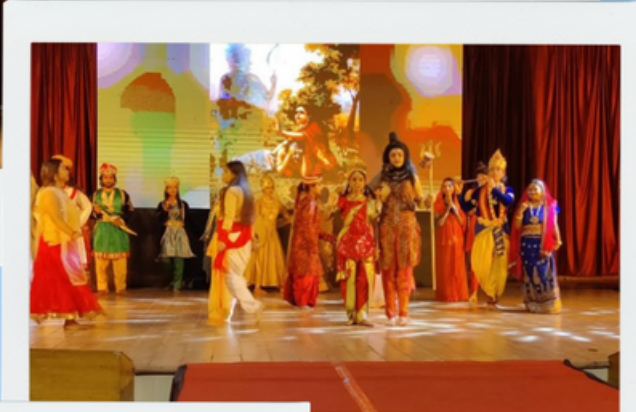


UTSAV 2023



2023

ARCADE



Confluence of Religions

Worship places in Mangalore

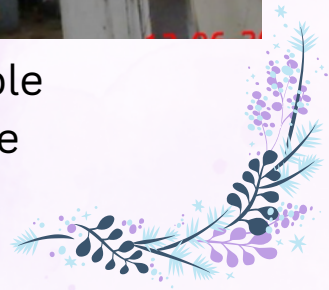
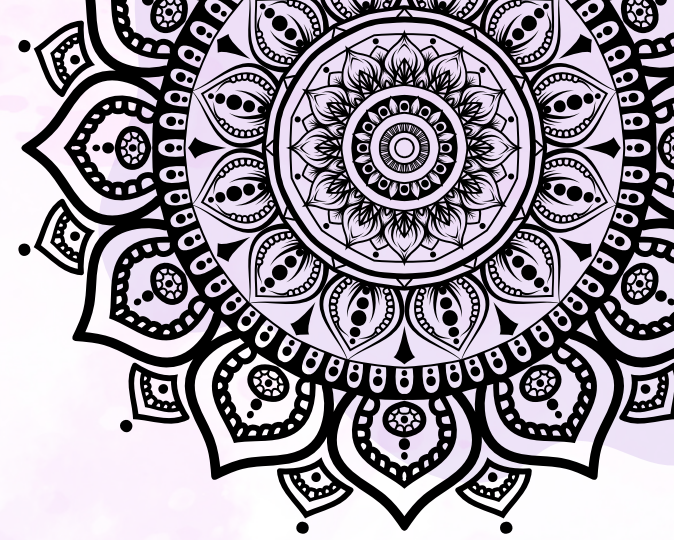
Shree Gokarnanatha Kshetra

Location- Kudroli, Kodailbail, Mangaluru, Karnataka



Kadri Sri Manjunatha Temple

Location-Kadri, Mangalore



Mahathobara Shri Mangaladevi Temple
Location - Mangaladevi Road, Bolar, Mangaluru,
Karnataka



Sri Venkataramana Devasthanam
Location-Car Street, Hampankatta, Mangalore,
Karnataka



Shree Sharavu Mahaganapathi Temple
Location-Sharavu Ganapathi Temple Rd, Opp Ideal
Towers, Hampankatta, Mangalore, Karnataka



Mangalore Gurudwara Sahib
Bangrakuloor, Kodikal, Mangaluru, Karnataka 575013



Zeenath Baksh Juma Masjid
Location-Bunder, Mangaluru, Karnataka 575001



Shree Mariamma Temple
Location-Urwa Marigudi Rd, Bloor, Urwa, Mangalore



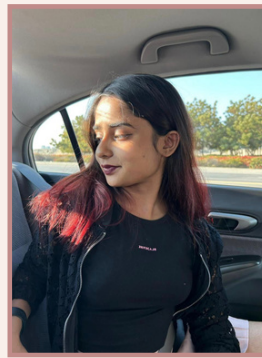
St. Aloysius Chapel
Location-St Aloysius College Rd, Kodailbail, Mangaluru,
Karnataka 575003



Milagres Churuch
Location- Milagress Cross Rd, opposite Vishal Travels,
Hampankatta, Mangaluru, Karnataka 575001



BATCH OF 2022



Aastha Podder

I dont wanna live forever



Aditi Sreeram Rao

Comfortably Numb



Aman Raj

Take it easy



Amrut Kolkur

Zindagi ek Safar hai Suhana



Amulya Ellan Veetil

*Let us sit and gaze at the moon as
Jupiter pours*



Anjali shenoy

Nagumo song from hridayam



Archita Aggarwal

Showstopper by Jerry



Ashel Tauro

La Vie En Rose



Ashrita

In my blood



Aum Manchanda

*Heartbeat
~Childish Gambino*



Aysha Rasha

*We're only getting older baby -
OneDirection*



Bhavya Sharma

Supercut - Lorde



Bhumika Sehgal

Somewhere only we know



Chaithanya

Invisible things



Chen Pen Ren Paul

*March comes in
like a Lion*



Daksh Hejmady

*In bed, but my mind stay wondering,
overthinking, but I'd rather be sleeping*



Dayawant Doulani

Shine A Light (Banners)



Deepthi P Sreeganthan

Sochna kya, jo bhi hoga dekha jaayega



Dewanshi Paul

September by Earth, Wind & Fire



Dinkar Nagpal

*0 to 100 by Sidhu
Moose Wala*



Diya Sajid

*Say you won't let me go by James
Arthur*



Farhana Afreen

*Boulevard of broken dreams -Green
day*



Giswanth S

*Oh, I love it and I hate it
at the same time.*



Hrandik Vinod

A thousand years



Ishaan Koundal

*What colour is
your buggati?*



Janani Roshan

*Diamonds, brilliant
and Bel air now*



Janavi Srivastava

*Aankhon se chhu loon ki
baahein tarasti hai Dil ne pukara hai haan ab toh
chale aao*



Janvee Keshan

Fantasy



Jaglene Jophy

I Set Fire To The Rain



Jeremiah Koshy

2020 logan paul



Jobin Viju

Song Not over yet -RS?



Jose Giboy

Counting stars - OneRepublic



Karthika

Don't Stop believin



Karuna S Prabhu

*Take me home, country roads.
Country roads take me home, to the place I
belong..*



Kavitha Chandran

*Uptown funk
by Bruno Mars*



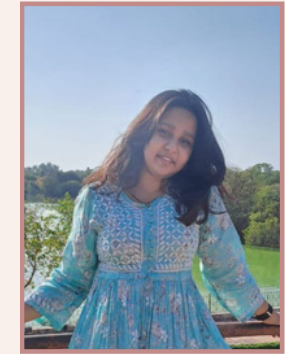
Khadija Nida Manegar

*Who says
by Selena Gomez*



Kishan M R

Soch na sake



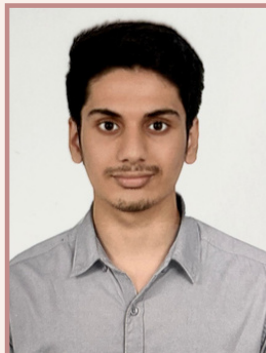
Kriti Aggarwal

Pipni - Anurag Saikia



Kritika Prasad

*The lush life's
giving me rush*



Mohammed Khalaf

*Sun is shining
and so are you*



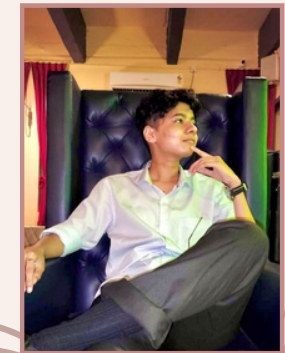
Musliha Begum

Motto



Nidhi Gupta

Samay Samjhayega by Mohit Lalwani



Nisha Nayak

Having thoughts you never had



Nisha Sharif

I Set Fire To The Rain



Noor Nehra

2020 logan paul



Olena Pinto

Song Not over yet -RS?



Padma Nayak

Counting stars - OneRepublic



Padmasri Sridhar

Don't Stop believin



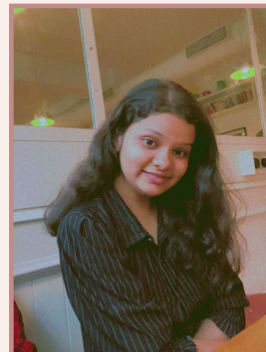
Paridhi kukreja

*Take me home, country roads.
Country roads take me home, to the place I
belong..*



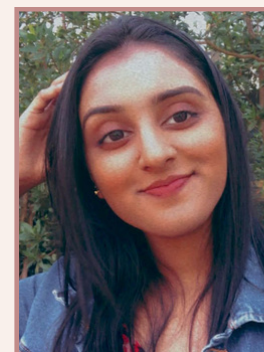
Poorvinanda

*Uptown funk
by Bruno Mars*



Pranjali Harsh Srivastava

*Who says
by Selena Gomez*



Prapthi Shetty

Soch na sake



Prem Bajekal

Pipni - Anurag Saikia



Priyance

*The lush life's
giving me rush*



Priyanka

*Sun is shining
and so are you*



Raee Praesh Kowli

Motto



Reet Sahu

Samay Samjhayega by Mohit Lalwani



Rinkhlpuii Renthlei

Having thoughts you never had



Rishav Hisariya

I Like Me Better



Riya Khanna

*The best speed on the road of life is 60
smiles per minute*



Rohit Raj

Lakshya



S Swathi

Khadaippoma



S. Sreedharane

*Char kadam kya saari umar, chal
dungi saath tere.*



Sachin Arun

*I only see my goals i dont believe in failure-
7years Lucas Graham*



Safiya Huda

*Bombastic side eye, Criminal offensive
side eye*



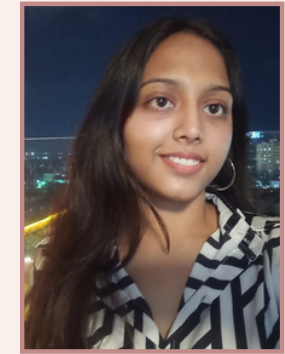
Sai Ganesh GR

Dont start now



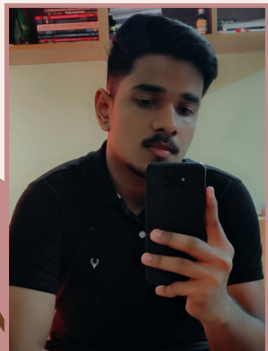
Sanskriti Rautela

*"Privately divided by a world so
undecided And there's nowhere to go"*



Sapna

I'm just tryna live life for the moment!



Satyam Shivam

Break from Toronto



Savya P

Epiphany



Shonali Kundu

"NEW RULES."



Shreya Pandit

Stronger by Kelly Clarkson



Shrijal Prakash

Jhoom - Ali Zafar



Sneha Nair

*Cold mess
- Prateek Kuhad*



Somdatta Dutta

*Afreen afreen
by coke studio*



Sri Varshini S

Nee Kavithaigala



Srinidhi

Let your dreams take flight



Srushti Desai

Mahiye jinna sohna



Taheera Verma

Lilith by Halsey & Suga



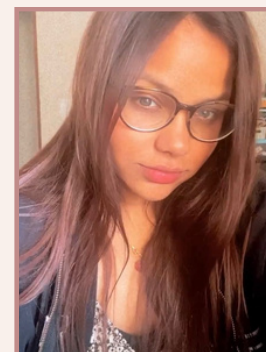
Tarif

Born to shine by Diljit Dosanjh



Tejashwini sinha

*A drop in the ocean
- Ron rope*



Tisha Joshi

*Pride
by Kendrick Lamar*



Trisha Chatterjee

*"Naam gum jaaega, chehra ye badal jaaega,
meri awaaj hi pehchaan hai, gar yaad rahe"*



Utkarsh Sharma

Ishq wala love



Vaibhavi H Acharya

"All eyes on me" by 2Pac



Vaishnavi Keni

Love you zindagi



Vaishnavi Rao

*Alag aasman
-Anuv Jain*



Vaishnavi Shetty

There she goes



Vandana Yadav

Blowin' in the wind - Bob Dylan



Vibhor Gagrani

Ilahi



Vimalkanth. P

Tere Vaaste



Vinayak Nandi

Aaftaab - The Local Train



Yashesh Abhilash Dhandhukiya

Teenage dreams



Youhan Joyce

Aaftaab - The Local Train



Yugaraj Borah

Pal pal dil ke pass



Zeba Firdaus

*Does it ever drive you crazy... Just how
fast the night changes?*

love

The more sweet it feels to be in love
the more it hurts when heart breaks

Love is what everyone wants to do

but not everyone can do

i wish i could hold you a little tighter

i wish i could kiss you a little harder

i wish i could have some more time with you

i just wish

Those days felt like heaven to me

those days were soo perfect to me

That laugh of yours felt like calm music to me

All because i had you in it with me

and now i dont...its just me

that smell of yours felt different

that touch of yours felt different

the time we had together

felt like home

but now its all alone

you are always on my mind

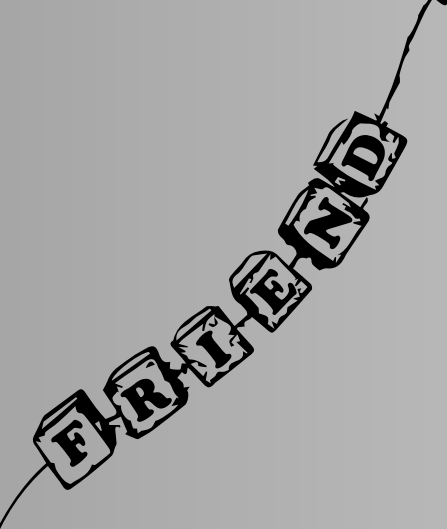
but the difference is now maybe you dont mind

my love for you will never fade

coz you gave it a very different shade

**PRABHPREET
BATCH OF 0'20**





My BEST FRIEND



She was the prettiest girl I ever knew
Though I always laughed on herself obsession
She was the one who laughed on me and with me
The one who knew all my secrets
And yet stayed with me

We cried together and bitched about this boring life

And the day came when I realized

Her endless talks were the joy of my boring life

Our imaginative stories on which we used to laugh, now I want them to be true

I wish I could live with her like there is forever

"And..... when did you realize that?"

"When she said Goodbye 🙋"

PULKIT
BATCH OF 0'19



तुम हो...

मेरे हर सवाल का जवाब तुम हो ।
मेरे चोरी हुऐ दील के गुनहगार तुम हो ।
रात को नींद न आने ओर बेचेनि का एहसास तुम हो ।
बिना सोचे लब्ज़ पे आए वो अलफाजं तुम हो ।
मैं कश्ती तो मेरा किनारा तुम हो ।
मैं गर राही तो मेरी मंजिल तुम हो ।
मैं दील तो धड़कन तुम हो ।
त्रिलोक में भी अप्सराओ को नूर से हराने वाली हूर
तुम हो ।
येह सब तो ठीक ह ,,,
पर मेरे दिल पे राज करने वाली राजकुमारी जरूर तुम
हो ।

BATCH OF 2021



Aasthaa Suvarna

*Chand Taron Ko Chhune Ki Asha,
Asman Mein Udhne Ki Asha.*



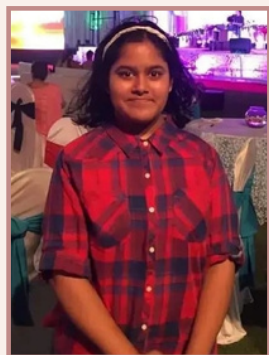
Anuj kumar

*Hellevator (I AM RIDING on my pain
and tears as i try to escape above)*



Chinthana J

*My heart don't skip a beat, even when
hard times bump the needle*



Diksha

*Keh doon tumhe ya chup
rahan*



Feba Sanu

on my way - im on my way



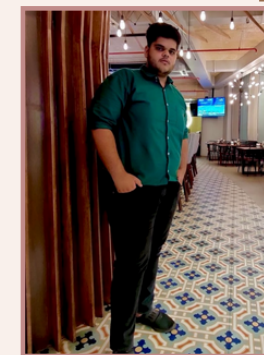
Gautham Sanil

*Tum prem ho tum preet ho (radha
krishna)*

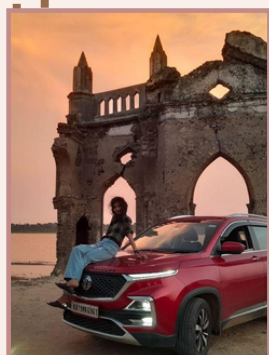


Jyothi nair

*But there's a hope that is waiting for you in the
dark. you should know your beautiful just the way you
are.*



Madhav sharma



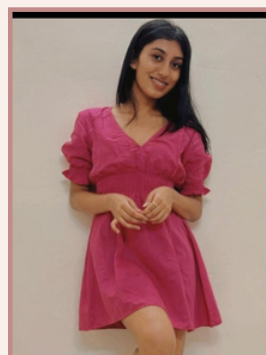
Manyashree Shetty

*"tell me why ain't nothing but a
heartache"*



Melody Veigas

*I'm a Porsche with no brakes -
Unstoppable*



Naina

I never needed anything more.



Nayana SS

*Chandra kalabham chaarthi urangum
theeram*



Pixy Sinha

*Ek zindagi - ek zindgi meri 100
khwaishan ; ek ek mai puri karan*



Pranathi B N

August- to live for the hope of it all



Pranav Raj

*Pillowtalk- my enemy my ally..
prisoner*



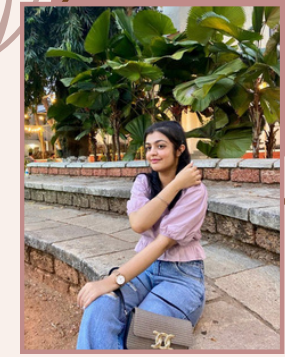
Richa Singh

*Scars To your beautiful-
No scars to your beautiful*



Sakshi

*All of me - My head's under water But I'm
breathing fine*



Sania Mehra

*Hit me like a ray of Sun, burning through
my darkest night*



Vidhi Naredi

*Take me back to the
night we met.*



Ziyafah Sheikh

"We're like diamonds in the sky"

Alumni Days.

1st August 2012. I embarked on my first day of college at MCODS Mangalore, not knowing that it would become my home for the next foreseeable future. The first time I had visited Mangalore was for my BDS counselling and it was love at first sight. The lush landscape and the seemingly simple way of life in this city felt very welcoming. It was the first time I was living away from home and there were a lot of doubts on my mind. For starters, wondering if dentistry would be a good fit for me and if I would be able to get along with people from all different walks of life. The next five years weren't easy, but I know that I owe it in no small part to the people I met here. As a nationally recognized institution, Manipal has the advantage of educating a diverse array of individuals. From lecture classes to dental week, we all grew up. We learnt about different cultures, became self-reliant and developed our own unique personalities. We became mature individuals with a mutual respect for each other. Academically, our professors trained us to focused on clinical skills and academic research instead of rote learning. Dentistry has not only has it given me friends that I now call family, but it also gave me the opportunity to fall in love with dentistry. It allowed me to discover my passion for dentistry and formulate my career goals.

As luck would have it, I got an MDS seat in Prosthodontics in the very same institution. I was elated. I had done my research on different institutions offering the same course, but MCODS Mangalore was the perfect fit. Three years of post-graduation went by swiftly. In my under graduation, I had only nicked the surface in terms of the scope of prosthodontics. The most satisfying work that I did was with patients who had maxillofacial defects. Not only was I blessed to have a good set of friends, I also had exceptional teachers. They inspired and nurtured me and deepened my passion for the subject. After my MDS, I was honoured be appointed as a senior lecturer in my alma mater. It was a privilege that I could be a part of this premier institute and have a role, albeit very small, in helping budding dentists to live up to their full potential. I've been teaching here for 2 years and counting. Developing a social network of peers not only helps you grow in your abilities as a dentist but also helps in building a name for yourself and the work you do.

Every week, as I head to Bejai to take the pre-clinical Prosthodontics class for first years, I can't help but smile. In a way, life truly does come full circle



Dr. Ann Sales

Batch of 2012

Alumni Days.

My journey as a Dental Surgeon and my association with College of Dental Surgery (CODS) Mangalore began in the year 1990. Back in the day CODS was part of Kasturba Medical College (KMC) and we were part of what was called Mangalore University. A walk down memory lane to recollect memories of time spent in Mangalore is absolutely effortless. Each moment spent in this college has stayed with me to this day. I joined this college to study B.D.S., and I state with great pride that I graduated as a Dental Surgeon and a complete individual. The college ensured we excelled in academics and gave us the practical experience to hone our skills as clinicians. Even in the 1990s the college could boast of state-of-the-art equipment. The college and the teachers encouraged us to study but to also engage with an entirely new cultural milieu. We encountered a very rich cultural diversity. This ranged from linguistic diversity to rituals, practices, festivals of different communities and a lot more. I picked up words from different languages and could gradually also understand a bit of Kannada. We celebrated the many festivals with great elan. One of the qualities I picked up in college that has stayed with me to this day is of wandering on a bike through the beauty of the western ghats, a day long travel to Beckel's Fort in Kasargod and even a wonderful

rain drive to Kudremukh or just a stroll on the untamed shores of Tanirbhavi—all these and many more made me the veritable traveller. Another memorable instance was an encounter with Mother Teresa when she visited Mangalore around 1993. Our relationship with our teachers—strict faculty in class and pat on the back kind of friend outside the class. Any note about MCODS would be incomplete without a reference to the festivals. It was famously said of our college that festivals never end in India and in KMC! True to this dictum we had a series of fests from the Ganesh Utsav to Inter Medics to the Dental Week to an Inter-college festival. My stay in MCODS has of course made me the doctor that I am today, but more importantly, it has given me a family, relations I maintain to this day. My five years in MCODS helped my persona evolve into a doctor with compassion and a person with humility. The testimony to my words is the fact that both my children are a part of MCODS Mangalore! Those were certainly the best days of my life!



Dr. Maneesh Nagpal

Batch of 1990

Alumni Days.

As I pen down my journey at Manipal College of Dental Sciences, Mangalore, a wave of nostalgia washes over me. The memories of my transformative years at this esteemed institution are as vivid as if they happened yesterday. My academic voyage at college was a journey of discovery and growth. The rigorous curriculum, the hands-on projects, and the in-depth studies in dentistry not only honed my technical skills but also instilled in me a deep sense of responsibility towards my patients and society at large. The knowledge I accumulated during my time at the college was priceless, shaping me into a mature, knowledgeable, and responsive dentist.

One of the most significant chapters of my college life was my tenure as the student council president. This role was a crucible for my leadership skills, fostering abilities such as communication, teamwork, organization, and public speaking. I had the privilege of leading key initiatives that left a lasting impact on our college community. The experience taught me the importance of representing a population and speaking on behalf of their wishes and needs. It was a journey where I got to explore my passions, define my leadership style, and understand the kind of career I wanted to pursue.

Whether it was an inter-class competition, UTSAV, or an inter-university cultural festival, they always left me with a wealth of memories. . These experiences nurtured my overall development, teaching me the values of teamwork, individual and group responsibility, and a sense of culture and community.

Looking back, my time at Manipal College of Dental Sciences, Mangalore, was a transformative period that shaped me both professionally and personally. The memories of my college years, the friendships I forged, the knowledge I gained, and the experiences I had are cherished treasures that I carry with me. As I reminisce about my college years, I am filled with gratitude for the invaluable knowledge I accumulated, the skills I honed, and the priceless memories I made. My journey at Mangalore, was truly transformative, and I will forever cherish the memories of my time there.

Dr.Rahul Shrivatsav

Batch of 2017



Alumni Days.

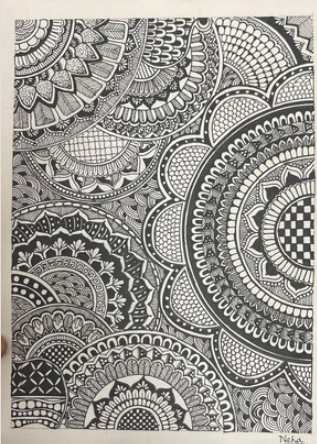
Words can't describe the feeling that I have for MCODS, Mangalore. It was probably the best decision of my life. I am a first generation dentist and with literally no one to really back me up on this decision, it was probably a gut feeling that my father and I had a night before the counselling back in 2017. The instant we landed in Mangalore, a city that was so welcoming, we were happy we made the right choice. I think I grew up along with Mangalore, back when I joined there was no zomato or swiggy and 5 years down the line, the city was bustling with cafes, clubs, restaurants, whatever one could ask for, and that made leaving tougher. Not like I wanted to leave MCODS in the first place, it was truly my comfort zone. I always felt a sense of belonging there, don't know if it was the love I received from teachers, or my friends or my juniors, each day had something in store that was moulding me as a person. In terms of skill development, opportunities and experiences, there was nothing that I didn't get as a student at MCODS. I wore the badge of general secretary with pride, and I wear the tag of being an alumni from the best dental college in the country with double the pride. I think Mangalore was the way it was because of the people I met, I would do anything to sit in another lecture with the batch of 2017, or to experience college day/diwali party/socials again or perhaps attend a council meeting or a pep talk by Mithun Sir before Utsav, maybe eat some chole puri or rajma chawal in the mess, or go to Shetty's with my posting mates, or go to a celebratory dinner with my council.

I still remember cribbing about the rain there but right now even that seems like a fond memory. The sunsets, the beaches, the long drives, marena, bejai, ganesh Chaturthi, DISHA events, everything, trust me everything about mangalore brings a smile to my face. To anyone currently at MCODS, or anyone who's planning to join, take it from me, nothing will top the feeling of being in the place you're in. College is a blessing and you'll know once you step out that how good your foundation is in terms of academics, or how good your hand skills are compared to contemporaries. You'll understand how much more you're getting in terms of clinical exposure and research. So live each day, make the most of it, cherish these time you have there, because you're in a place most of us like to call home away from home. Honestly would kill to scream, MCODS ka dhoom dhadaka Ho ha ho ha on the top of my voice in Marena greens on more time. So here's to our collective home, our comfort zone, our college, Our MCODS, Mangalore.

Dr. Parthvivee Sharma

Batch of 2017





Neha Nayak
O'20



Chinthana J
O'21



Safiya Huda
O'22



Nikita Nayak
O'20



Dewanshi Paul
O'22

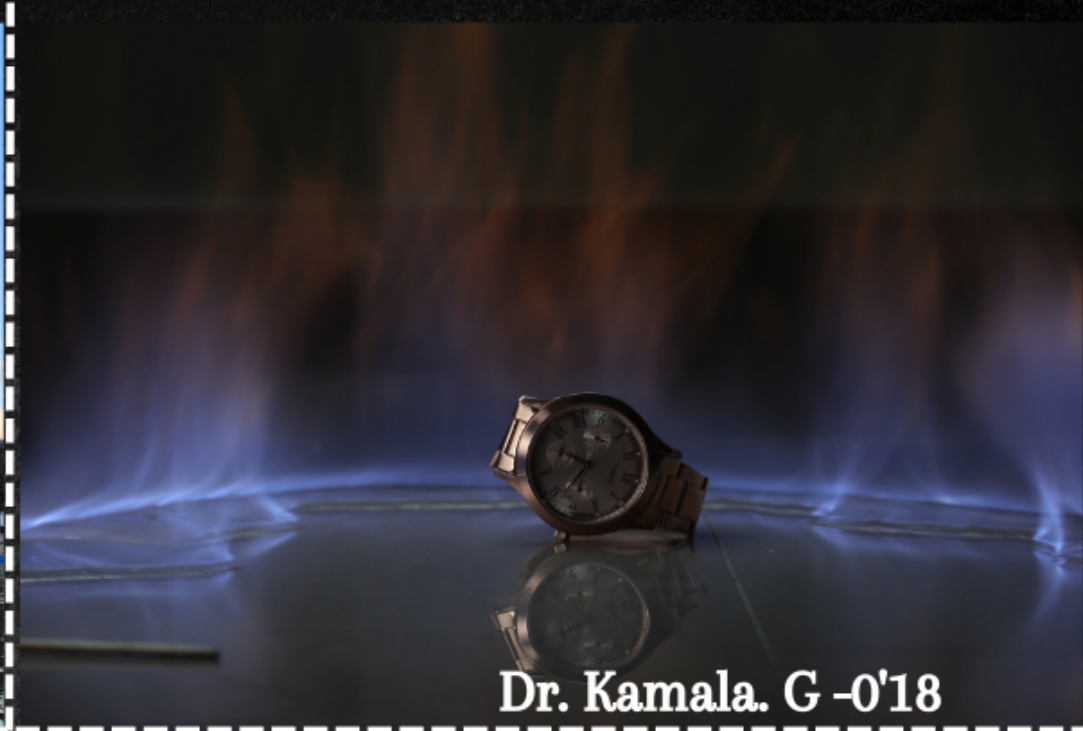




Vinayak .Nandi -0'22



Akshay. Pai -0'20



Dr. Kamala. G -0'18



Chinthana -0'21



Aditi. Rao -0'22



Sania. Mehra -0'21

Man's perspective

From small hairs on my head till all turned out white ,
This world told me to fight.
They always see my brighter side,
But failed to see the tears I bury deep inside.
I wanted to cry when my daughter left,
wanted to hug her tight,
But i was a man with glory and pride .
The unwashed tears i uphold ,
The cries which cannot be shown
With each passing day it becomes darker and cold.
Yes! The tears hurt me as if they all turned into stones.
But i cannot show as i am man and a man cannot cry.



HARSHITA
BATCH OF 0'20

I wish

I wish,
I was yours,
And that my heart,
Won't feel numb,
All the time.

I wish,
That my words,
Had more meaning,
The same for my life,
And more so,
For my thoughts.

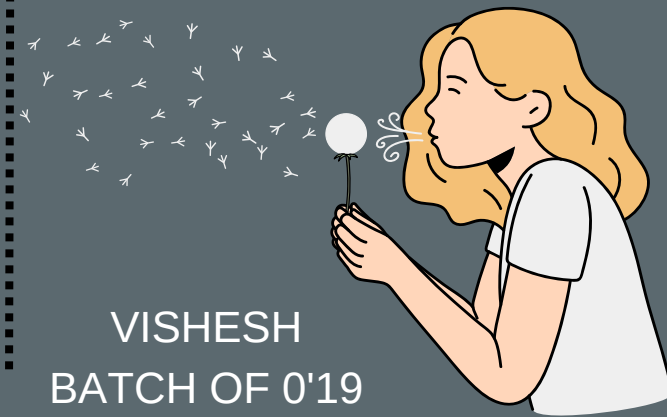
I wish,
I would be better,
For myself,
A little selfish but yes,
Good on myself,
And better for.

I wish,
My handwriting,
Was like a flowing
Drop from a melting glacier,
Finding a way,
Through everything.

I wish,
I had the ability,
To show my emotions,
Other than anger,
And disappointment,
In myself,
And that I had done more efforts,
To save me,
From my myself.

I wish,
Water represented my thoughts,
And that there's an,
Unimaginable amount of it,
But I wish that every time,
I tried to have it,
That calamity will strike me,
And I'll be barren,
Alone,
In a land of drought.

I wish,
That I could wish more,
I wish,
That I could be more,
I wish,
That there are things,
Secrets between us,
I wish,
No one put me on a pedestal,
I wish,
I could see the truth,
I can but I'll ignore it,
Cause it's too soon for me,
To be heartbroken again,
I wish,
I could do something about it,
I wish,
That I could do what I wish,

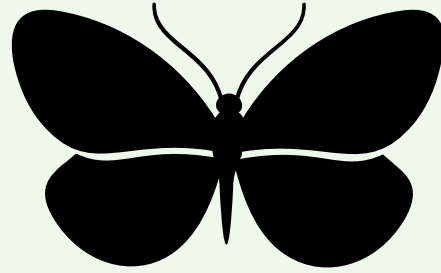


VISHESH
BATCH OF 0'19

Icarus

On piano, he pours his heart out
But the rumours are he never feels,
Forgotten to smile deep within.
Bleeds his heart out,
But for help, he never screams.

I have seen him smile,
I have seen his joy.
As bright as a sun in the sky,
He was like a child.



Don't grow up to be me.
He told me once, with lifeless eyes.
A failure? I have not seen him as one.
But for himself, he was the fallen
son.

He cries in the car, He smiles when
you ask.
Hidden are his scars, like Icarus, he
falls.
But not his will,
Melted wings but his might never
remained still.

He fell and he got up,
He flew and he blossomed.
Touched the sun,
Little boy, it's dangerous you would
get burned.
His eyes beady, I am not scared
they said.

I have seen his fall of grace,
And I shall be the witness to his
soar.
He nigh has the wings of wax,
But wits he has of gold.

When asked if he is okay,
He smiles.
Pours his heart out on a piano,
But rumours are he never feels.

PAARTH
BATCH OF 0'20

BATCH OF 2020



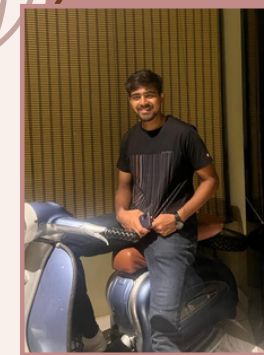
Neha Nayak

Gorgeous - Taylor Swift



Thanistha Sundar

Style- Taylor Swift



Shikhar Singh Panwar

jaye wahi le jaye jaha...Besabriyaan



Nisha R. Shetty

"Live for the hope of it all"



Paarth Yesaare

Art is not what I create, what I create is chaos.



Aakriti Chaudhry

Mirrorball- 2:29-3:03



Riddhi Sharma

Bewafaa



Vanshika Arora

Wo Noor



Raj Aryan Maturi

*I'm not materialistic, but I got a thing for you,
Treat the world like my guitar, I'm pullin' strings for you*



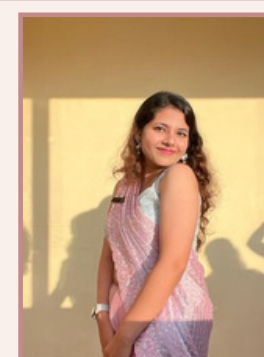
Daksh Vyas

*Kaale Je Libaas Di Shukeenan Kudi Door-Door
Jaave Mere Kaale Rang Ton,*



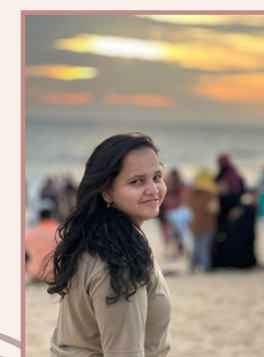
Tijo Joseph

Trance



Ann Rose Satheesh

The deeper the night. the brighter the starlight.- Mikrosmos



Kopal Nigotia

I want to grow up once again



Ayushi Kumari

Ek din aap



Arsh Kalia

*ਗਬਰੂ ਤਾਂ ਵੈਰੀ ਨੂੰ ਵੀ ਮੀਠਾ ਬੋਲਦਾ ਨੀ ਤੂੰ ਤਾਂ ਫੇਰ
ਜੱਟ ਦਾ ਪਯਾਰ ਗੋਰੀਏ*



Diya Rao

*Not done fightin', I don't feel I've lost Am I dreamin, is there
more like us? Got me feeling like it's all too much I feel
beaten, but I can't give up I'm still fightin*



Charan M Shettigar

Tum jo milo...



Mita Shanbhag

*I think I've been too good of a
girl, Did all the extra credit, then
got graded on a curve I think it's
time to teach some lessons*



Pipada Kush Dheeraj

*Rismit ko bhool, bhool mat apni vajah
lagee hai chot, vardaana hai, na koi
sazaa.*



Amlan Jyothi Borah

*Killers from Northside (In the killers
click shooting niggas taking blood)*



P.R Kushala sai

*Save myself (ED Sheeran) - Life can get you
down so i numb the way it feels*



Raunak Ashna

Moh moh ke dhaage



Khushi Sharma

*When the sun shines,
we shine together.*



Sanchayan

*Teri mitti - Tu kehethi thi tera chand hoon main, aur
chand hamesha rehetha hai*



Chaitanya S

*Don't need makeup to cover up Being the
way that you are is enough*



Prasad Karnad

*kisi kee muskuraahaton pe ho nisaar
kisi ka dard mil sake to le udhaar
kisi ke vaaste ho tere dil mein pyaar
jeenaa isi ka naam hai*



Divyanshi

Heer toh badi sad hai



Devika Prasanth

Dynamite - BTS



Harshita Rai

"ajeb dasta hai yeh,
kaha shuru kaha khtam"



Tanisha Shetty

I don't know what to do?



Vasupratha Venugopal

Koylaa kaalaa hai Chattaanon
ne paala hai Andar kaala, baahar kaala Par
sachcha hai saala



Prabhpreet Kaur

Desi girl



Riya Anand

And I keep my side of the street clean
You wouldn't know what I mean.
Karma - by Taylor Swift



Kush

Risamat ko bhool, bhool mat apni vajah
lagee hai chot, vardaana hai, na koi
sazaa.



Nihal

Hay garmi🔥



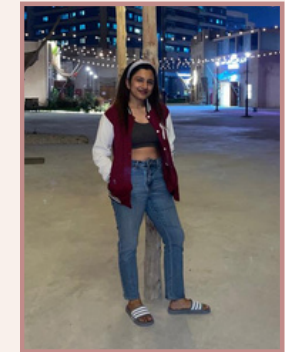
Ruban Kuriakose Valavanolickal

Ariyathe ariyathe, Ariyaathe ariyaathe ee
Pavizha vaarthinkalariyaathe



Nikita Das

Moh moh ke dhaage



Jefy Rose Francis

Way 2 sexy for your
gang🔥



Nidhi Ullal

We're only gettin' older, baby And I've been thinkin'
about it lately Does it ever drive you crazy Just how
fast the night changes?"



Akshay S. Pai

Got the man with the plan right here
Bringin swag with the man right here



Nikita Nayak

Jaane kyun yeh pal Pigal gaya fisal gaya,
Jaane kyun yeh pal Pigal gaya pigal gaya



Prajval

Badla mijaaz mera phookte hi grass
Grass lage hai mohe sabka ilaaj



Akshita Gupta

Champagne and rolled-up notes

BATCH OF

2019



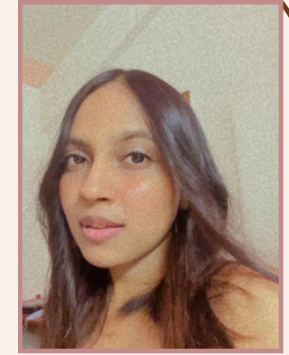
Vishesh Verma

*Oh, angels sent from
up above*



Pranitha Bangera

*You know you make
my world light up*



Sakshi

*When I was down,
When I was hurt
you came to lift me up*



Kashish Bhandwaj

*Life is a drink and
love's a drug*



Archit Shukla

*Oh, now I think I
must be miles up*



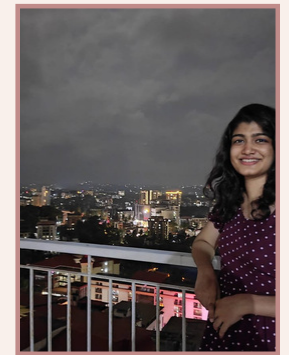
Saanya Bhasin

*When I was a river, dried
up
You came to rain a flood*



Neha Thomas

*You said, "Drink from
me, drink from me"*



Diya Kamath

*When I was so thirsty
Pour on a symphony*



Anandita suresh

*Now I just can't get
enough*



Shanmetha

*Put your wings on me,
wings on me*



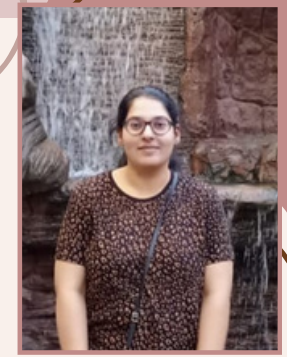
Lipika

*When I was so heavy
Pour on a symphony*



Dhanvi

*When I'm low, low, low,
low*



Diksha

I-, oh I-, oh I-



Simran

*Got me feeling drunk and
high*



Aaska bajajn

*So high (so high), so high
(so high)*



Revati

Oh I-, oh I-, oh I-



Himshweta

*Now I'm feeling drunk
and high*



Ishra

*So high (so high), so high
(so high)*



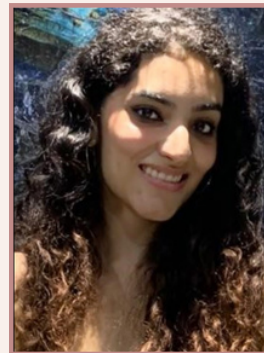
Swati bhatnagar

*Oh, angel sent from up
above*



Shashank

*I feel you coursing
through my blood*



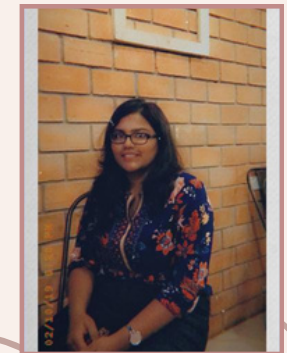
Riddhi

*Life is a drink, your love's
about*



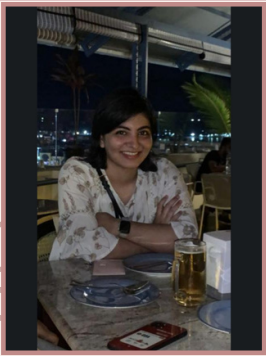
Ayushi

*To make the stars come
out*



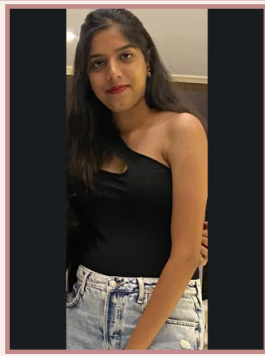
Suwiksha Naik

*Put your wings on me,
wings on me*



Nikki vasani

*When I was so heavy
Pour on a symphony*



Nupur

When I'm low, low, low, low



Pooja Sinha

I-, oh I-, oh I-



Pragya

*Got me feeling drunk and
high*



Pulkit

So high, so high (so high)



Allen

Oh I-, oh I-, oh I-



Lavanya singh

*Now I'm feeling drunk
and high*



Anima

*So high (so high), so high
(so high)*



Jovanna

I-, oh I-, oh I-



Khushi

La, la, la, la, la, la, la



Nihala

So high, so high



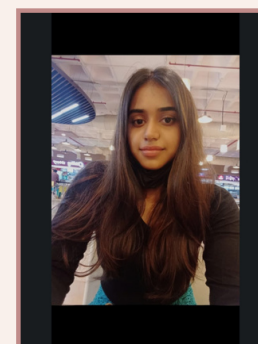
Shweta

I-, oh I-, oh I-



Vaishnavi ray

*Now I'm feeling drunk and
high*



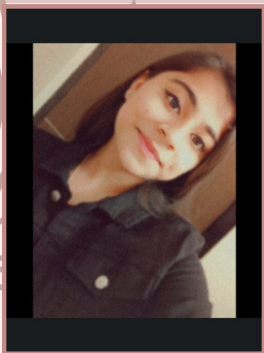
Agnisha

*So high (so high), so high
(so high)*



Akshath

*That we shoot across the
sky*



Lavangi

That we shoot across the



Rachel

*That we shoot across the
sky*



Vasanthan

*That we shoot across the
(that we shoot, yeah)*



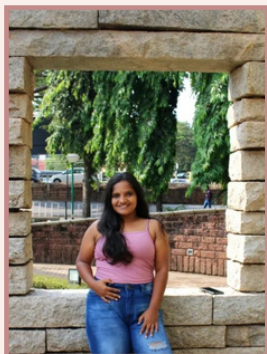
Tasmiah

*That we shoot across the
sky*



Rashell

That we shoot across the



Sharol

*That we shoot across the
sky*



Astha shubangi

That we shoot across the



Ria

I-, oh I-, oh I-



Vini singh

*Got me feeling drunk and
high*



Dikshita deka

*So high (so high), so high
(so high)*



Subir kumar

Oh I-, oh I-, oh I-



Anoushka Dabolkar

*Now I'm feeling drunk and
high*



Mandeep Chhabra

*So high (so high), so high
(so high)*



Khushi sethia

*Oh, angel sent from up
above*



Kanishk Pant

*You know you make my
world light up*



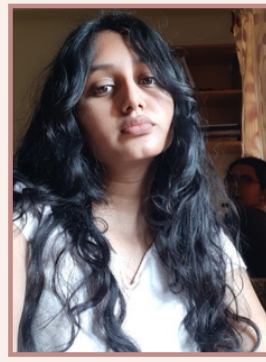
Arjun Kamath

*When I was down, when I was hurt
You came to lift me up*



Yash Kamat

*Life is a drink and love's a
drug*



Shruti Chhavi

*Oh, now I think I must be
miles up*



Anuraag Kamal

*When I was a river, dried
up*



Pranav Jain

You came to rain a flood



Shravani Shastri

*You said, "Drink from me,
drink from me"*



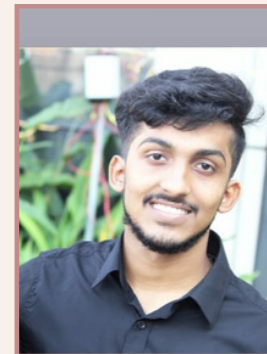
Shravani Shreya

*When I was so thirsty,
Pour on a symphony*



Inderpreet singh

*Now I just can't get
enough*



Rahul Rajesh

*Put your wings on me,
wings on me*



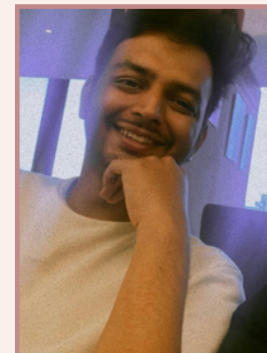
Disha gupta

*When I was so heavy
Pour on a symphony*



Anamika Gupta

*When I'm low, low, low,
low*



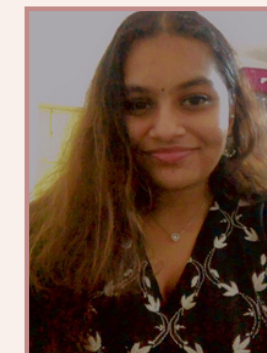
Ayush Jaiswal

I-, oh I-, oh I-



Agniswar Roy

*Got me feeling drunk and
high*



Nanthana Nair

*So high (so high), so high
(so high)*



Ananya Jha

Oh I-, oh I-, oh I-



Amitesh Gautam

*Now I'm feeling drunk
and high*



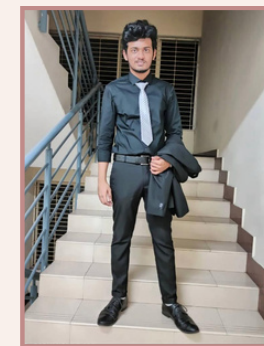
Lavanya

*So high (so high), so
high (so high)*



Ritika

I-, oh I-, oh I-



Shreyas Narayanan

La, la, la, la, la, la



Khushi Rao

So high, so high



Swati Ranjan

I-, oh I-, oh I-



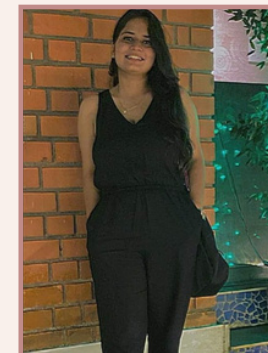
Asmita De

*Now I'm feeling drunk
and high*



Shubhangi

*So high (so high), so
high (so high)*



Swati Solanki

La, la, la, la, la,



Akansha Kashyap

La, la, la, la, la, la



Akashy. Pai -0'20



Chinthana -0'21



Ziya Sheikh -0'21



Sania .Mehra -0'21

BATCH OF 2018



Ravi divya lakshmi

*Here's to the ones that
we got*



Fernandes rhea
satish

*Cheers to the wish you
were here, but you're
not*



K divya denica

*Cause the drinks bring
back all the memories*



Meera manoj

*Of everything we've been
through*



Divyanshi nathi

*Toast to the ones here
today*



Aryan pratap

*Toast to the ones
that we lost on the
way*



Ishan Bhatla

*Cause the drinks bring
back all the memories*



Vyom Gupta

*And the memories bring back,
memories bring back you*



Snehashish Deb

*There's a time that I
remember*



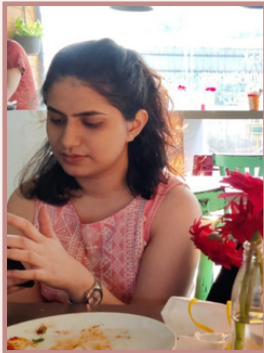
P. Sai Sohana

*when I did not
know no pain*



Sakshi Dagar

*am i still young? can i dream for a
few month more*



Priyanka madhav
kamath

When I believed in forever



Aryan Pratap

*and everything would stay the
same*



Ayanika maitra

*Now my heart feel like
December*



Nagarjuna shashidhar
reddy

when somebody say your name



Joshi dhruva
prakash

*'Cause I can't reach
out to call you*



arya vijay

*but I know I will one
day, yeah*



Siambiakthang valle

*Everybody hurts
sometimes*



Mathew Sebastian
Zacharias

Everybody hurts someday



Prerna shah

*But everything gon' be
alright*



Kushagra sachdeva

*Go and raise a glass
and say, ayy*



Sharanya prabhakar

Here's to the ones that we got



Rhea Chadha

Cheers to the wish you were here, but you're not



Shreya Das

Cause the drinks bring back all the memories



Aanchal arora

Of everything we've been through



Chaitra m

Toast to the ones here today



Aarti singh

Toast to the ones that we lost on the way



Amulya jain

'Cause the drinks bring back all the memories



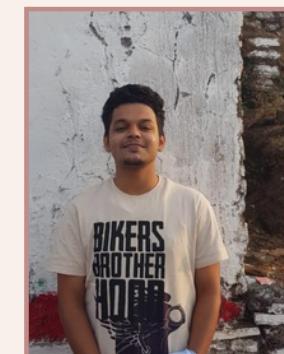
Simran gupta

And the memories bring back, memories bring back you



Vishaka girdhar

Doo doo, doo doo doo doo



Gokul krishna m

Doo doo doo doo, doo doo doo doo



Indrashish Chakravorty

Doo doo doo doo, doo doo doo



Sandra rebecca mathews

Memories bring back,



Mariyam

Memories bring back you



Ashish shankar shetty

There's a time that I remember



Hansimrat kaur

when I never felt so lost



Farhad ali

*When I felt all of the
hatred was too powerful
to stop*



Jessica sonal
monterio

(ooh, yeah)



Ritwik kumar
mandal

*Now my heart feel like an
ember*



Pankuri khanna

*and it's lighting up
the dark*



Shruthi naarayana

*I'll carry these torches
for ya*



Krishna priya

*that you know I'll never
drop, yeah*



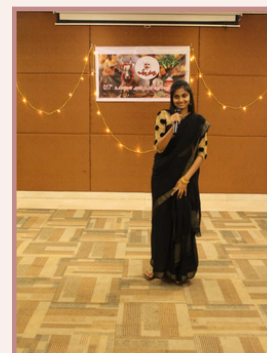
Vaishalee pruthi

*Everybody hurts
sometimes,*



G. kamala

everybody hurts someday Eh eh



Madhumitha m

*Everything goin be
alright*



Muskan sharma

*go on raise a glass
and say Eh*



Nithan s

*Here's to the ones that
we got*



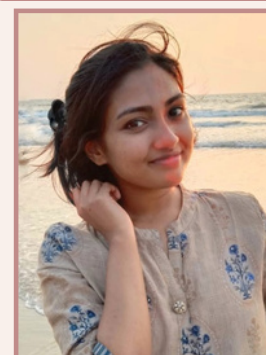
Prathvi kamath

*Cheers to the wish you
were here but you're not*



Prakrati kamath

*Of everything we've
been through*



Adheena madhu

*Toast to the ones here
today*



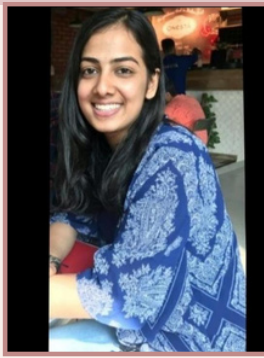
Ayush verma

*Toast to the ones that
we lost on the way*



Nidhi kumari

'Cause the drinks bring
back all the memories



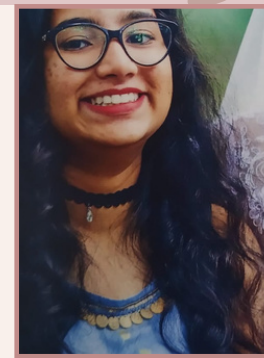
Radhika agarwal

And the memories bring
back



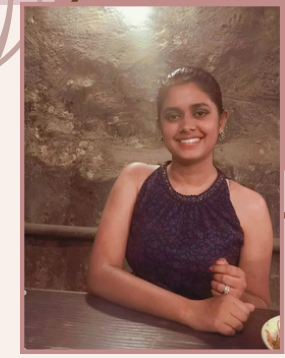
Pratik nandkumar
wathore

Memories bring back
you



Madhura sathiya

Doo do do doo



Adusumilli sree
mayukha

Memories bring back



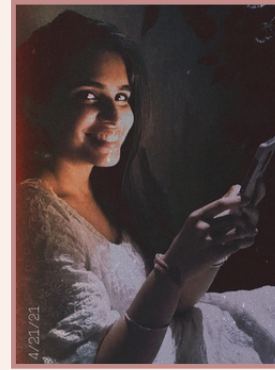
Sukanya
chakraborty

Memories bring back you



Dallen shone
dhello

Doo do do doo



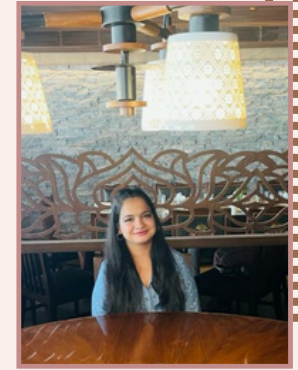
Sharanya
prabhakar

Memories bring back



Nandina
praveen

Memories bring back you



Ananya

Yeah yeah yeah



Radhika ailawadi

Memories bring back



Durva manojkumar
vadke

Memories bring back you



Lakshita sinha

Doo do do doo



Jacinta

Doo do do doo



Joshi pranjali
shrinane

Doo do do doo



Somya jain

*Here's to the ones
that we got*



Bhaskar nagpal

*Cheers to the wish you
were here but you're not*



Arpit gupta

*Cause the drinks bring
back all the memories*



Dipanjan deb

*Of everything we've
been through*



Ravi kumar gulati

*Toast to the ones here
today*



Shruti tripathi

*Toast to the ones that we
lost on the way*



Pooja natarajan

*Cause the drinks bring
back all the memories*



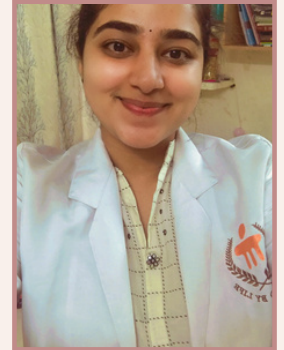
Mense urmila
sachin

*And the memories bring
back*



Shariq ibrahim

*Memories bring back
you*



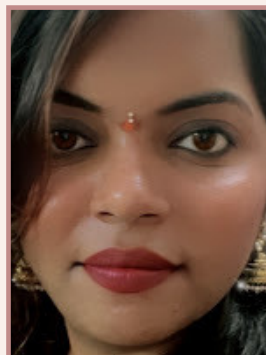
Kritika bali

*There's a time that I
remember*



Gurteer singh
badhaan

when I did not know no pain



Yashaswini
modukuru

When I believed in forever



Shreya rath

*And everything would
stay the same*



Shreya kumar

*Now my heart feel like
December*



Shreya bhat

*When somebody say
your name*



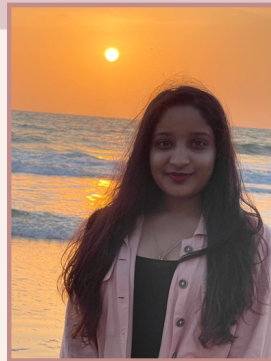
Kiran gurdasani

*Cause I can't reach
out to call you*



Dristi keddia

*But I know I will one
day*



Pratheeksha

*Everybody hurts
sometimes,*



Kriti kaushik

*everybody hurts
someday Eh eh*



Adila ambreen

*Everything will be
alright,*



Dheekshitha a

*go on raise a glass
and say Eh*



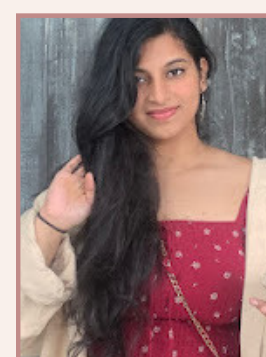
Disha prabhu

*Here's to the ones that
we got*



Sahej chandha

*Cheers to the wish you
were here but you're not*



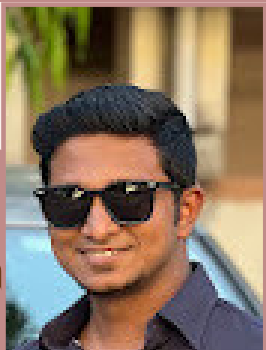
Sukanya Menon

*Cause the drinks bring back
all the memories*



Devanarayanan Nampoothiri

*Of everything we've been
through*



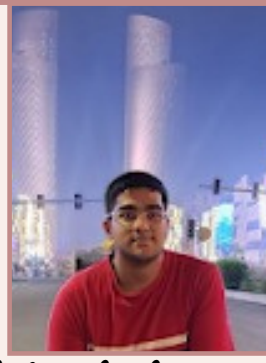
Jack mukhada

Toast to the ones here today



Rao purvi pravin

*Toast to the ones that we
lost on the way*



Alistair john bryan crasto

*Cause the drinks bring back all
the memories*



Vrinda ashok

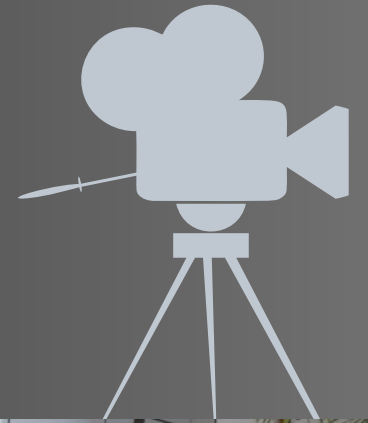
*And the memories
bring back*



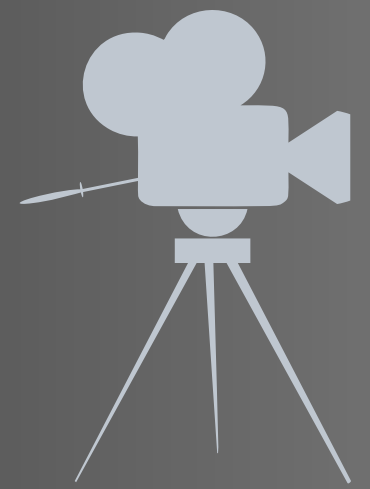
Arushi Lal

*Memories bring back
you*

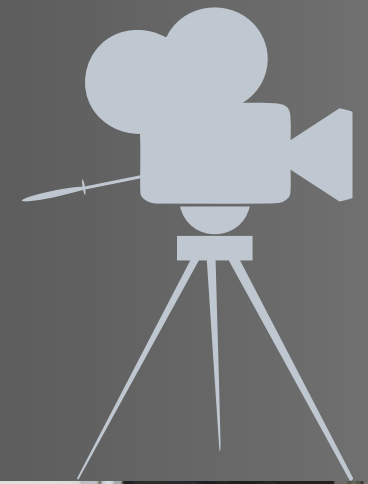
Batch of 2022



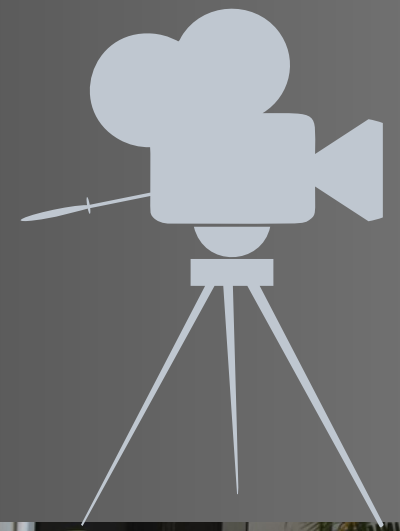
Batch of 2021



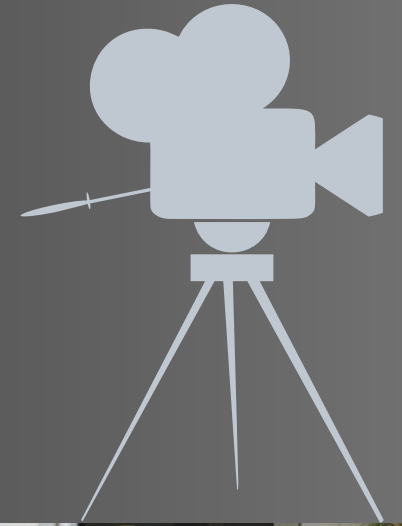
Batch of 2020



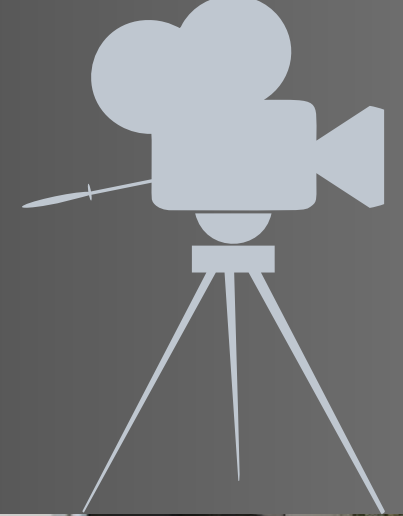
Batch of 2019



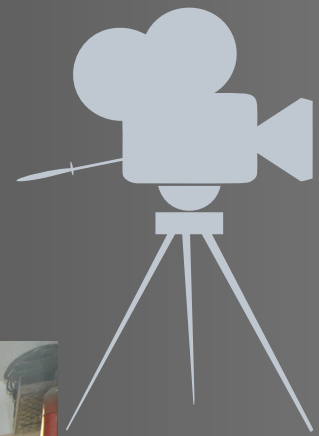
Batch of 2018



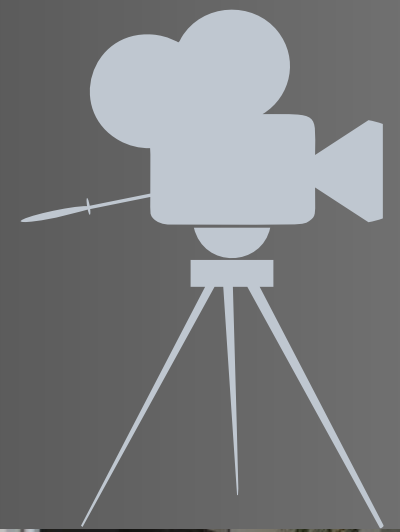
Batch of PG's



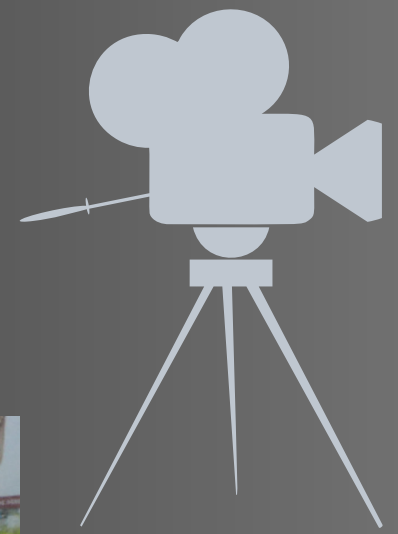
PhD Scholars and Guides



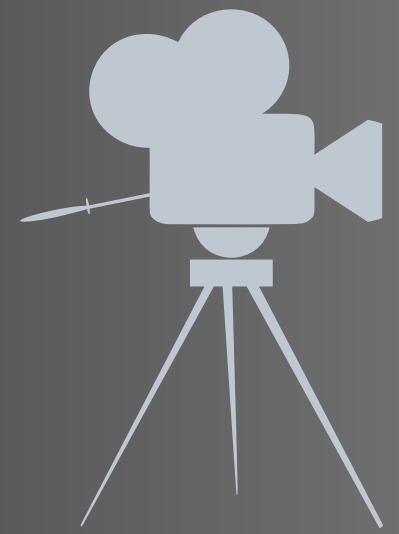
FACULTY



Council Members



Editorial Board 2022-23



THE EDITORIAL BOARD

2022-23



DR. JESSICA SONAL

Focuses on solutions rather than on problems, her experiences are blessing in disguise.



DR. DURVA VADKE

Quiet yet the sweet supporter you can ask for.



DR. AKANSHA KASHYAP

Passion and Love defies her.



SUPRIYA BAHIDAR

Does no harm but takes no shit.
'Be patient and smile' that's her key.



DIYA THEJA CHANDAR

My mind takes suggestions from heart not from people.



RIYA ANAND

Dreamy eyes and imagination push towards perfection..

THE EDITORIAL BOARD

2022-23



HARSHITA ASHOK RAI
Attitude? What's that! I just smile..



PRABHPREET KAUR
Throws sarcasm around like confetti.



AAKRITI CHAUDHRY
Weaving dreams with words and skills.



AYUSHI KUMAR
Has an infectious energy of excitement.



VANSHIKA ARORA
She believes in slow and steady work.



ABDUL NIHAL
When life turns you down, just throw your audaciousness.

THE EDITORIAL BOARD

2022-23



SANCHAYAN ROY

Tell me the way, I'll execute it better.



HAFAH REHMAN

"Will do it later but better."



DIVYANSHI OJHA

Energetic soul with skillful mind.



CHAITANYA S

Embrace colours more than the palette.



KOPAL NIGOTIA

"Tell me the due date, will work accordingly."



RAUNAK ASHNA

Sweet as honey but busy as bee.

THE EDITORIAL BOARD

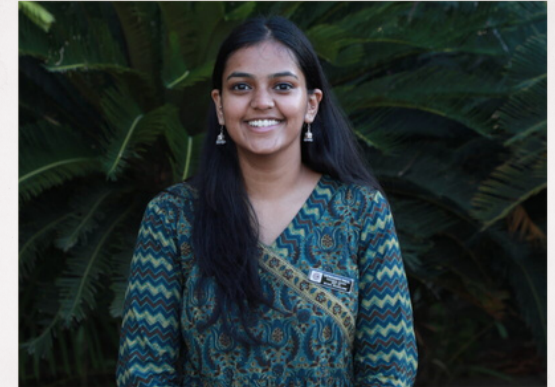
2022-23



GAUTHAM SANIL
Calm mind with intelligibility.



ZIAFAH SHEIKH
Beauty and talent goes hands on.



DEWANSHI PAUL
Creativity and calligraphy illuminates
an ordinary into extra ordinary.



VINAYAK NANDI
His lens talks more than he does.

Our work is the presentation
of our capabilities.



PREM BAJEKAL
There's no word called 'delay' in my
dictionary.



TEAMWORK- WHERE INDIVIDUAL BRILLIANCE FUELS COLLECTIVE SUCCESS.



Thank You

I find myself at a juncture where words feel inadequate to express the depth of my gratitude towards each person associated with the magazine. Avyanna would just have been a name if it wasn't combined into the pages full of aspirations. It has been a great pleasure along the journey of making the magazine which encapsulated the entire essence of our college. This would not have been possible without the support of our beloved staff and students.

My heartfelt gratitude to the Dean Dr. Ashita Uppoor, the Associate Dean Dr. Junaid Ahmed and Dr. Aarthi Rao for their constant support and encouragement.

I would like to extend my sincere gratitude to Dr. Ravikiran Ongole, staff editor for guiding us and for being a transformative force, shaping the skills for the better. Thank You for being a source of inspiration and enlightening our lives with your impactful lessons. I would like to thank Dr. Mithun pai, the Cultural Coordinator, for motivating and supporting us through out the Journey. Always grateful to you.

The minds behind this Magazine, the members of Editorial Board, my heartfelt gratitude to each one of you who worked onerously designing the entire magazine on their own and for meeting the deadlines. Each one of you managed it efficiently, bringing out all the creativity.

My Special thanks to Dr. Aradhya Ma'am, Dr. Jessica Ma'am, and Dr. Akansha Ma'am for helping and guiding throughout, their experience as editor made work a lot easier.

I would like to thank Ms. Riya Anand, Ms. Chaitanya S, batch of 2020 and Ms. Dewanshi Paul, batch of 2022 for designing the Cover page, Back cover, and the title Page, truly an art to appreciate for their amazing designing skills.

A special mention to Dr. Pulkit and Prasad for their technical help. I would like to thank Ms. Sri Varshini and Ms. Safiya Huda for their creative posts and reels during dental week.

In the end, my gratitude goes to the Staff, Students and Alumni of MCODES Mangalore for sending their contributions and making AVYANNA- Where dreams Take Flight and Possibilities Unfold.

Thank You everyone!

Supriya Bahidar

Magazine Editor

Dental Student Association 2022-23



Scan for the meaning

